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ABSTRACT

Intended for use by parents of infants and toddlers, this series of 27 8-page month-by-month newsletters provides research-based information on infant and child development and care from 0 to 36 months. Topics in the series for infants include: becoming a parent; getting ready for child birth; the newborn child; and characteristics of the child at each of the first 12 months of life. Tips concern support for teenage parents, keeping a record of infant health, safety guidelines, developmental milestones, feeding, bathing, illness, physical and emotional health of new mothers, babies' games, single parents, typical infant behaviors, coping with daily stress, discipline, infant ways of learning, family rules, a daily special time for parent and child, temper tantrums, and building self-confidence. Each newsletter offers answers to questions parents of infants commonly ask and cites sources of information. Also included is an executive summary of the evaluation of the home learning series for new parents and a parent survey questionnaire on the degree to which the series met the needs of its readers. Topics in the series of booklets for infants and toddlers include: developmental milestones and characteristics; age-appropriate games; research findings; homemade toys that teach; coping strategies for parents; television; safety; guidance and discipline; nutrition; copy play; playing responsively; language acquisition; self-esteem; sex; choice of a preschool; stress; lying and stealing; toddler problem solving; birthday parties; and difficulities and variations in development. Each booklet cites references and suggested readings. (RH)

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Parent Express

Elise Kazanjian, Editor

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EXECUTIVE EVALUATION SUMMARY OF "PARENT EXPRESS", A HOME LEARNING SERIES FOR NEW PARENTS

June 1989

University of California Cooperative Extension
Human Relations Program

THE PROGRAM

Parent Express is a series of 27 8-page booklets of research-based information on infant development and care. The series is designed to ease readers' transition to parenthood and to help them care for their babies and young children confidently, sensitively, and effectively. Beginning two months before birth, Parent Express offers month-by-month information about getting ready for parenthood and caring for the baby when it arrives. After the first year, the booklets follow toddler development every two months. The booklets, keyed to baby's birth month, are designed for sequential, monthly distribution the first year of baby's life and bimonthly distribution during the second and third years; parents receive information precisely when they most need, want and are ready to use it. The program is appropriate for all parents but was specifically designed for low income and teenage parents.

Parent Express was written by the Human Relations staff of the University of California Cooperative Extension with the help of medical professionals, nutritionists, and child development specialists. About 4,000 California parents receive Parent Express each year; many receive it free through the California Women, Infants and Children's (WIC) program, a nutrition program for low income parents.

Parent Express has been reprinted and distributed by New York, New Jersey, South Carolina, Utah and Missouri Cooperative Extension programs and by Teenage Parents Centers in Akron, Ohio.

Parent Express focuses on the kind of information and parenting practices which have been shown to be predictive of successful infant and toddler development. There are regular sections on infant/toddler growth, nutrition, discipline, health and safety. Parents are particularly encouraged to show their babies ample love and affection, to talk to and play with their babies in ways that promote verbal and intellectual development, to use nonpunitive learning-oriented discipline, and to respond sensitively to their babies' emotional and developmental needs. There are special sections on teenage and single parenthood, parenting by fathers and grandparents, and ways for parents to cope with the stress of parenthood.

EVALUATION METHODS

Parent Express has been extensively evaluated. The data presented here come from evaluation questionnaires completed by 365 parents of all ages and socioeconomic levels who had completed the infant series in 1984 and a 1985/86 study comparing

parenting practices of 70 Parent Express recipient mothers and a comparable group of 85 young mothers who had not received the series; both of these groups of mothers had become pregnant while teengers.

SUMMARY OF KEY FINDINGS

●●● Parents of all ages and socioeconomic levels read, shared and kept the booklets

82% reported reading all articles in all issues

78% reported at least one other person besides themselves read the booklet

70% kept the booklets for future reference, and of these, 91% referred to back issues

●●● Parents found Parent Express useful

98% rated the series moderately or very useful

Topics cited as "very" useful were:

Baby's emotional development	74%
Baby's intellectual development	72%
Baby's health	64%
Baby's physical growth	63%
Games to play with baby	56%
Nutrition and feeding	52%
Information on caring for self	41%
Resources for new parents	39%
Fathering	34%

●●● Readers believed Parent Express helped them feel more confident as parents

92% reported that reading Parent Express helped them become at least a little more self confident as parents.

47% said that because of Parent Express, they worried less about their baby

●●● Parents reported Parent Express influenced them to improve key parenting practices:

Playing with baby more	75%
Providing more things for baby to look at, listen to, smell and taste	74%
Talking to baby more	61%
Smiling at, kissing and hugging baby more	51%
Responding more quickly when baby cried	31%

●●● Those parents who were most likely to report changes in parenting practices as a result of reading Parent Express were those parents traditionally considered at risk of parenting difficulties.

Teenage and young parents
Single parents
Low income parents
Parents with low educational achievement

●●● Parent Express seems to help pregnant teenagers become better parents

Just after their baby's first birthday, we interviewed and tested two groups of young mothers who had become pregnant as teenagers. Seventy of these had received Parent Express monthly, 85 had not. Each woman was asked to complete the Home Screening Questionnaire, which is designed to identify babies who are at risk of delayed intellectual or social development due to inadequate parenting or home environment. Compared to mothers who had not received Parent Express, those who received it were significantly less likely to receive low (risk) scores on the HSQ.

ORDERING INFORMATION

Parent Express is available in two sets: the Infant Series, fifteen monthly booklets on pregnancy and infancy to baby's first birthday and the Toddler Series, twelve booklets each covering two months of baby's development from first birthday to age three.

Cost for each set of Parent Express is three dollars which includes U.S. postage, handling and applicable sales tax. Quantity discounts are available. Make check or money order payable to UC Regents and mail with your name and address to:

ANR Publications
University of California
6701 San Pablo Avenue
Oakland, CA 94608-1239

For bulk rates or other ordering information, telephone ANR Publications, (415) 642-2431.

GOOD NEWS...Our Spanish language version of the Parent Express infant series should be available by November 1989.

FOR MORE INFORMATION ABOUT PARENT EXPRESS

Contact:

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

BECOMING A PARENT

Leslie Medine (2)

Dear Parents-to-be,

WELCOME to PARENT EXPRESS!

PS 01220

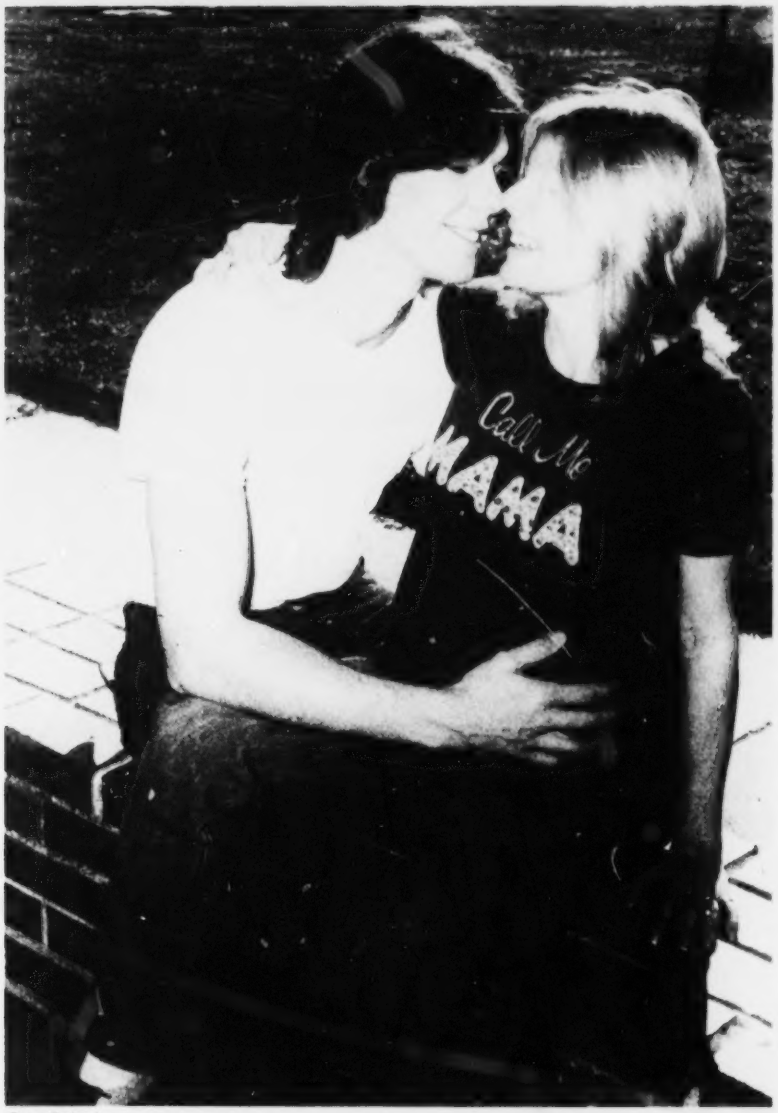
PARENT EXPRESS is a series of 15 newsletters that will help you discover how your baby grows and develops each month. It will take you through some of the ups and downs, the ins and outs of being a parent. PARENT EXPRESS will talk about YOU and your feelings about being a new parent. It will also give practical advice and suggestions for you and your baby.

The first three issues—*Becoming a Parent*, *Getting Ready*, and *Newborn Baby*—highlight how to prepare for the big event and focus on the first few weeks of the newborn's life. The following issues cover each month of your baby's first year.

This issue of PARENT EXPRESS looks at some things to consider before your baby enters your life. Being a new parent can be an exciting time. It can be a little scary too. It will change your life in many ways. The more you think about these changes beforehand, the more you will feel in charge of your own life.

This will be an important first year for you and your baby. PARENT EXPRESS is glad to be part of it!

Fathers...



Tracy Borland

Tracy Borland

Leslie Medine

DON'T BE SURPRISED IF YOU FEEL NERVOUS OR LEFT OUT.

Now all the attention seems to focus on the mother-to-be, and later it will center on the new baby. But this is a time when fathers are needed. Pregnant women may sometimes be uneasy about the ways their bodies have changed, especially during the last few months of pregnancy. They may be upset that they don't look like they used to, can't move around like they used to, and feel more tired and heavy than they used to. Talk to your partner. Tell her how you feel about her and about the new baby and listen to how she is feeling. Sharing your feelings can bring you closer together, and can help you feel part of things.

Robert McClay

Tracy Borland

What to expect — a time of changes

Having a baby—especially your first—is a time of many changes. Most first-time parents receive little preparation for the "big event" and the many ways the new baby will have an impact on their lives.

If you will be raising your baby alone, going to school, or working, you will have added pressures on your time and energy. You will need to figure out how to juggle your many responsibilities. The decisions and arrangements you make now will help ease the transition into parenthood after your baby is born. Check what resources are available for parents in your community. It is important to find as many supports as you can.

If you are a couple, expect some strains as you make the transition into parenthood. You may both have feelings you could not predict. For example, a new mother is usually very occupied with the baby, and as a result, the father may feel pushed aside and ignored. Make an agreement that you will talk to each other about your ups and downs and about your many new experiences and feelings.

Before the baby arrives is also a good time to discuss the sharing of responsibilities. Family roles are changing so that many couples feel more flexible about who is going to do what in taking care of the baby and household chores. Try to agree on your different roles. The key word is *agree*. The more you both agree now, the less resentments and misunderstandings will pile up later.

Whether you're a couple or single, living alone or with your parents, your new baby will bring new experiences, pressures, and worries, as well as joy and excitement. In those first hectic weeks, your life will seem to center around your small, helpless but demanding infant. There may be times when you will feel unsure of yourself, moody, or even overwhelmed. Most new parents feel this way at first.

It will take time to feel comfortable in your new role as a parent. After all, being a new parent is "on-the-job training" and you should not expect that you will know how to handle everything overnight. BE PATIENT WITH YOURSELF. Remember, you are not alone in your feelings and this time of adjustment will pass.

Tracy Borland (4)

Feeding Your Baby

WHETHER YOU BREAST OR BOTTLE FEED, CUDDLE YOUR BABY AND HOLD HIM CLOSE WHILE FEEDING.

Some Advantages of Breast Feeding

- Provides handy feeding method.
- Contains essential nutrients in easily digested form.
- Protects the baby from some infections and allergies.
- Helps restore mother's uterus (womb) to normal size.

Some Advantages of Bottle Feeding

- Provides convenient feeding method if mother is going back to work or school.
- Contains essential nutrients when instructions are followed.
- Allows others to feed the baby.

You can get a leaflet, *My Baby's First Food*, from the local Home Advisor at your county Cooperative Extension office. Ask for Leaflet 21174. You will find her address in the back of PARENT EXPRESS.

Myths

THE PERFECT BIRTH

There is no "perfect" birth. Each birth is different. The important thing is to bring your baby into the world in the healthiest way possible—for both the baby and you!

THE PERFECT PARENT

There is no "perfect" parent. We all make mistakes. There will be times when you won't feel too sure about what you are doing. It takes time, practice, and experience to be a parent. But as one new parent put it, "most important is to trust your own judgment and stick to it."

THE PERFECT BABY

There is no "perfect" baby. Each baby is different, looks different, acts different, and grows up different from other babies. Your baby will grow at his own pace—don't be disappointed or try to rush him.

Leslie Medine

IT'S TIME!

When it's time for your baby to be born, one or all of the following will happen. They are all normal. This is the beginning of your labor and the birthing process.

1. Contractions (also called labor pains) will start. They may feel like a series of gas pains, a backache, or strong menstrual cramps. Each one may last for 10 to 40 seconds.

2. The "bag of water" that holds your baby will break or leak. There will be a slow trickle or a gush of warm water from your vagina. You will not be able to control the flow of water. But don't worry—your baby will not drop out!

3. A "show" will occur. This is a pink or reddish discharge from your vagina. It will look like the beginning of a menstrual period.

If any of these things happens, or if your labor pains continue and are spaced five minutes apart or less, it is time to call your doctor, the hospital, or your trained midwife.

TIME OUT

HAVING A BABY IS HARD WORK. TRY TO ARRANGE SOME TIME OFF JUST FOR YOURSELF.

You may be able to ask a close relative or friend to stay with you for a few hours, or even a few days, when you come home with your new baby. This is especially important if you are a single parent or if you are expecting twins. In the case of twins, it will be doubly important for you to have some free time. Any help you can get to cope with the extra work load will make it easier for you. It will give you some time to relax—to nap, take a walk, or read a book.

Some city or county Health Departments have a visiting nurse service. Sometimes this service is free. The nurse can give you advice on caring for your baby, plus other helpful information. You will find the phone number for the Health Department under the county or city listing in the white pages of the phone book.

Tracy Borland

WHERE TO GET HELP

LA LECHE LEAGUE is a national group of mothers who breast feed. They can tell you everything you want to know about breast feeding. They also have written materials for nursing mothers. Check the white pages of your phone book to see if La Leche has a local chapter in your community. Or write to the national office: La Leche League, 9616 Minneapolis Avenue, Franklin Park, Illinois 60131.

W.I.C. (Women, Infants and Children) is a food assistance program available to low-income families for some pregnant and nursing women, and for children through the age of four. Get in touch with your city or county Health Department for further information.

PUBLIC HEALTH DEPARTMENTS can give you information on pregnancy, child care, nursing, available child care centers, and answers to general questions. Check in the phone book under your city or county listing for the Health Department.

NATIONAL ORGANIZATION OF MOTHERS OF TWINS CLUBS can give you the addresses of local chapters to share information with other parents of twins. If you are expecting twins, write to: National Organization of Mothers of Twins Clubs, 5402 Amberwood Lane, Rockville, Maryland 20853.

U.S. CONSUMER PRODUCT SAFETY COMMISSION can give you information and booklets on safety standards for cribs, toys, and other areas of child safety. Call this toll-free number, 1-800-638-8326. (In certain counties, you may not need to dial the 1 before the 800. Check with your local operator.) Or write to: U.S. Consumer Product Safety Commission, Washington, D.C. 20207.

CHILDBIRTH WITHOUT PAIN can give you information on natural childbirth or the Lamaze method of childbirth. Write to Childbirth Without Pain Education League Inc., 3940 Eleventh Street, Riverside, California 92501.

BABY CARE and **PARENT CLASSES** may be offered in your community. Contact your local chapter of the American National Red Cross for information, or write to: Nursing Department, American National Red Cross, 17th & D Streets., Washington, D.C. 20006.

COPING WITH STRESS is a leaflet which gives practical advice on how to live with day-to-day stress and tension. Ask the local Home Advisor at your county Cooperative Extension office for Leaflet 21168. You will find her address below. (A Spanish version, *Soluctione Sus Problemas de Tension*, Leaflet 21220, is also available.)

COMING NEXT

- How Will Baby Be Born?
- Where will Baby Be Born?

If you have any questions or comments, please contact me:

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SOURCES

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

GETTING READY

Dear Parents-to-be,
It may be any day now!

Now that your baby is nearly due, you are probably getting impatient. Sometimes it seems like the baby will never arrive. But he or she will—and soon!

Having a new baby is like starting a new job! Of course, you'll be getting "on-the-job-training" after your baby is born. In addition to learning from your own experiences, this issue of PARENT EXPRESS offers information and suggestions to help you prepare for the times ahead.

START PLANNING NOW

It's not too soon to think about how you're going to care for yourself after your baby's birth.

How about lining up some friends and relatives to help out with the new baby, particularly the first week or two at home?

Fathers, have you considered taking some time off work? It's important for you to feel part of things.

If you don't expect to have people around to help, prepare some simple one-course meals in advance and freeze them. If you don't have freezer space, stock up on some simple-to-prepare foods, so that you don't have to spend a lot of time and energy cooking the first few days.

Tracy Borland

PS 010220

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Tracy Borland (4)

HOW will your baby be born?

There are several ways to have your baby. Your doctor, your nurse, or a trained midwife can help you decide which is the safest and healthiest way for you and your child.

ANESTHETIC CHILDBIRTH

Having a baby is one of the natural events of life, but that doesn't mean it's painless! Many mothers need or want anesthetic medications to help them during childbirth. Anesthetics are pain killers. Some are inhaled through a mask and others are given by injection. After she has taken the anesthetic, the mother will be relaxed and drowsy.

If you choose this method of childbirth, discuss with your doctor or nurse the kind of medication that will be best for you and your baby.

NATURAL or PREPARED CHILDBIRTH

The terms "natural childbirth" and "prepared childbirth" refer to any birth where the mother wants to actively experience the birth with as little medication as possible.

One of the most popular natural childbirth methods is called the Lamaze method. The mother-to-be learns breathing and relaxing exercises with the help of a partner. It is believed that fear makes the mother tense, and tension results in pain and difficulty during labor. That's why the Lamaze-trained mother and her partner practice the breathing exercises and body positions during pregnancy so as to be prepared for the birth.

If you want to find out more about this method of childbirth, check with your clinic, your doctor, or the local Health Department.

Tracy Borland

CAESAREAN CHILDBIRTH

With this kind of birth, surgery is performed to make things easier for the mother and baby. An incision is made through the abdominal wall and the uterus (womb) so that the baby can be born. (In births other than Caesarean, the baby moves through the vaginal canal until he emerges for birth.) In the United States, almost 20 percent of all babies are born by Caesarean section. You may have heard it called a "C-section." There are several conditions that might make a Caesarean birth necessary—for example, if the mother's pelvic opening is too small for the baby to pass through, or if the mother's health or the baby's health may be in danger.

PREMATURE BIRTH

Any baby weighing less than 5 pounds at birth, or born earlier than a full-term baby (9 months) is called a premature baby or a "preemie." These babies stay in the hospital for a few weeks to receive special care before going home to their parents.

Jeff Weissman/Alta Bates Hospital

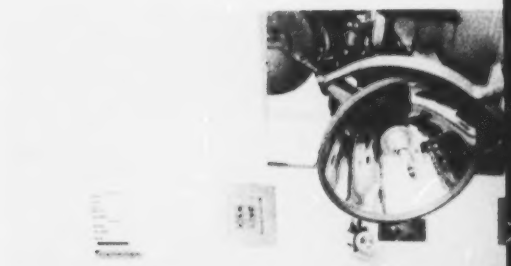
WHERE will your

Hospital

Most women have their babies delivered in a hospital by a doctor and the hospital staff. If you want to have your baby in a hospital but don't have a doctor yet and are not being seen at a clinic, call your city or county Health Department, your county Nurses Association, or your local hospital. If you cannot find these phone numbers easily in the phone book, call information (411) to get the number.

Here are a few things to keep in mind if you are planning to have your baby in a hospital.

1. Keep the phone numbers of your doctor, clinic, or hospital handy, plus the phone number of a friend or relative.
2. Find out which hospital entrance to use, especially at night, and where you should go.
3. Find out how long it takes to get to the hospital. Then when your labor pains start, you won't be worried about getting to the hospital on time.
4. Ask what kind of arrangements the hospital offers. Will your baby stay in the same room with you (rooming-in service)? Or will your baby be cared for in a nursery and brought to you only at feeding times?
5. Ask the hospital for a tour of the maternity ward, nursery, and labor and delivery rooms so that you will be familiar with the surroundings.
6. Find out what you need to bring to the hospital with you. Ask if you should bring things like a nightgown, slippers, robe, toothbrush, toothpaste, and soap. You may feel more relaxed if you have a small bag packed and ready to go. It may seem silly to you now, but it helps to know that you are prepared.
7. Don't be embarrassed about asking questions. ASK, and get the answers! Remember, it is your first time around as a parent, and you are entitled to know what to expect from your doctor, and from the hospital.



Tracy Borland

Alternative Birth Center

Many hospitals now have alternative birth centers as part of their services. An alternative birth center offers the attention of a medical staff in a home-like atmosphere. The mother stays before, during, and after the birth in a special room, and has the choice of having the father of the baby, relatives, or friends present to help during labor and delivery. If you're interested in more information on alternative birth centers in your area, write to: International Childbirth Education Association, Box 20048, Minneapolis, Minn. 55420.

Jeff Weissman/Alta Bates Hospital

Home

If you are interested in having your baby delivered at home, you should be assisted by a midwife. The midwife is a registered nurse who has special training and experience in the care of pregnant mothers and the birthing of babies. A midwife does not use medication or surgery during the birth. In emergencies, a doctor is called right away. If you are interested in this type of birth, call your local county Nurses Association or the city or county Health Department for advice and information.

baby be born?

WHERE YOUR BABY SLEEPS

YOU CAN USE A CRIB, A CAR BED, OR A CRADLE. HERE ARE SOME THINGS YOU SHOULD LOOK FOR IN NEW OR USED CRIBS.

- Bumper pads around entire crib should be tied in place with 6 straps or more. Slats should be no more than 2-3/8 inches apart.
- Mattress should be tight-fitting. If you can slip two or more fingers between mattress and slats, put rolled up towels between them. Or replace with snug-fitting mattress. No pillow.
- Safety latch to drop crib-side should be one that baby can't work. (Foot release is handy for parents). Sides should be high enough so baby can't climb over.
- All wooden surfaces should be smooth, free of splinters—no rough or sharp edges.
- Damaged teething rails on used cribs should be removed.
- All plastic packaging from new cribs should be removed.

Eliot Khuner

WHAT YOUR BABY WEARS

YOUR BABY DOESN'T NEED AN EXPENSIVE WARDROBE. HERE ARE SOME SUGGESTIONS FOR YOUR BABY'S CLOTHES.

- 2 to 3 one-piece stretch suits or long gowns.
- 3 to 4 small undershirts (ones with snaps are easier).
- 4 pairs of waterproof pants.
- 2 to 3 dozen cloth diapers (or supply of disposables).
- 4 diaper pins for cloth diapers.
- 3 to 4 small cotton blankets.
- 1 or 2 warmer blankets.

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WATCH OUT!

MAKE RIDING IN A CAR AS SAFE AS POSSIBLE FOR YOUR BABY. IN CALIFORNIA, MORE THAN 13,000 CHILDREN ARE HURT EVERY YEAR IN CAR ACCIDENTS BECAUSE OF UNSAFE CARSEATS.

Buckle Up Your Baby

All babies—including newborn infants coming home from the hospital—should ride in special infant car safety seats. The most dangerous way for an infant to travel is in mother's lap. A sudden stop of the car can throw a baby who is not in a proper safety seat against the dashboard or through a car window.

Babies up to 9 months old (or weighing up to 20 pounds) should ride in a properly designed infant car safety seat next to the driver. Even though infant car safety seats are expensive, they are necessary to protect babies from car injuries. MAKE SURE THE SEAT AND YOUR BABY ARE FACING THE BACK OF THE CAR.

The car's safety belt will either attach through or over the infant car safety seat, depending on the brand.

When deciding on a car safety seat, you can choose:

- An infant car safety seat (replacing it with a toddler's seat as your child grows) or
- A special car seat that can be used for either infants or toddlers.

Tracy Borland

Here are some DON'TS to make car riding safe:

- DON'T hold babies on laps.
- DON'T use an infant carrier seat as a car seat. They are not SAFE.
- DON'T leave children alone in a car.
- DON'T leave car doors unlocked.
- DON'T leave any sharp or heavy objects on the rear car shelf or seat. They may hit the child if the car stops suddenly.

THE AMERICAN TRAUMA SOCIETY has a list of different car safety seat models. Send a stamped, self-addressed envelope with a note requesting infant car safety seat information to American Trauma Society, University of California, S.F., 839 HSE, San Francisco, Calif. 94143.

INFANT CARRIER SEATS AND SAFETY

Tracy Borland (2)

Babies love to be the center of things. They also love to be close to you. With an infant carrier seat, a baby can be a part of family life. You can use the infant carrier when feeding or carrying your baby. BUT IT DOES NOT KEEP YOUR BABY SAFE IN THE CAR.

When choosing an infant carrier, make sure the seat is deep enough and has a chest and/or crotch strap so your baby won't slide out. Look for a seat with a wide base and a nonskid bottom.

Here are some rules for safe use of infant carrier seats:

- Always use the seat belt or crotch strap.
- Stay within arm's reach when the infant carrier seat is on a high place like a table, sofa, or store counter.
- Be careful when using an infant carrier seat in a shopping cart. Your baby may wiggle and fall out of the cart.

COMING NEXT

- Child Care—Choices and Suggestions
- Feeding Baby—Schedule vs. Self- Demand

If you have any questions or comments, please contact your local Home Advisor, listed in the phone book under University of California, Cooperative Extension.

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American Trauma Society, University of California, S.F., 839 HSE, San Francisco, Calif. 94143.

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

Richard Spergman

Each month PARENT EXPRESS will be talking about how babies grow and develop. All babies are different and grow at their own pace. So don't worry if your baby isn't doing exactly the same things as your friend's babies.

Jeff Weissman/Alta Bates Hospital

PS 018220

Dear Parents, Congratulations, you have a new baby! and you are a new parent!

What's it like to be a new parent? Do you sometimes feel that you will never sleep through the night again? Are you a little nervous about taking care of this helpless but demanding baby? Do you feel tired a lot, but excited, too? If you answer yes to any of these questions, then you are like most new parents!

Remember one thing–You are not alone.

There are many changes that take place and new things to learn when you become a parent. It doesn't happen overnight.

There will be good times, and there will be bad times, and you and your baby will survive them all!

HE or SHE? HIM or HER?

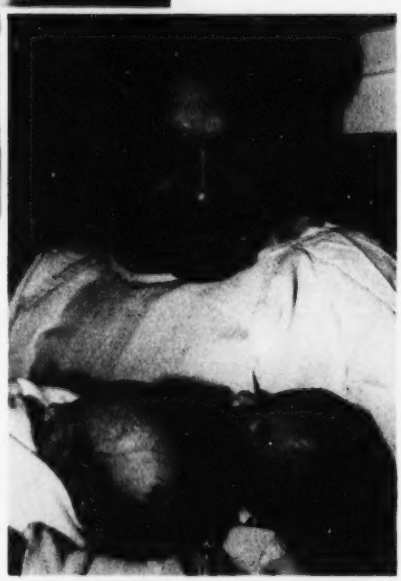
PARENT EXPRESS gives equal time and space to both sexes! That's why we take turns referring to babies as "he" or "she". So keep in mind that even if we say "he" or "she," we are talking about all babies.

BEST COPY AVAILABLE

A special word for fathers . . .

WHAT'S

Elot Khuner



Sometimes fathers feel shy about touching their baby. Others are willing to try, even if they feel all thumbs.

Jeff Weissman/Alta Bates Hospital (5)

Knowing how to take care of a baby takes time and practice. Give yourself a chance—pretty soon you will feel like you've been a father all your life!

IT LIKE TO BE A NEWBORN BABY?

- I need others to take care of me.
- I can't decide things for myself.
- I need someone to love, feed, hold, and play with me.
- I like to feel warm, and I don't like lots of noise.
- I like to be held gently and very close.
- I like to sleep a lot.
- I am hungry every few hours.
- I may be fussy and cry a lot.
- My face may be wrinkled, puffy, or red, and I may have a large head—I'm normal!

Feeding Your

Alfred Smith

Schedule or Self-Demand?

Most babies set up their own fairly regular feeding times. Some babies may like to eat every four hours, others are ready to eat every three hours, and some prefer eating more often than that. Newborn babies drink only breast milk and water, or formula and water.

Feeding your baby when he gets fussy or cries will not spoil him. It will help you to be more sensitive to his needs.

Some babies like to sleep for longer periods during the day than at night. If your baby is a lengthy daytime sleeper and stays awake most of the night, you can reverse this pattern. Try waking him up for feeding instead of letting him sleep for long periods during the day.

You can get a pretty good idea of your baby's feeding pattern by keeping track of the times when he seems to be hungry. Remember, your baby may not be hungry every time he is fussy. He may need burping, a diaper changed, a drink of water, or he may just want to be held.

Breast Feeding

The first thing to remember is to RELAX! Being tense and uptight can affect the natural flow of milk. You can sit in a chair or lie down, whichever is more comfortable for you. Your baby's nursing will help your milk to flow. Don't rush. Take your time. This is a learning time for both of you.

During the first few days, your nipples may be slightly tender from your baby's sucking. But as you learn to relax and your milk flows freely, the soreness will disappear. If your breasts remain sore, it may be that they are extra-full of milk. Nursing your baby long enough and often enough to empty both breasts will help. Or you may have too much milk and your breast may leak a little. If this happens, tuck a clean handkerchief or a breast pad in your bra. Or gently squeeze some milk from your breasts to relieve the pressure.

Remind yourself that the time you spend relaxing and enjoying your new baby is very important for both of you.

If you are interested in breast feeding, you can get more information from the La Leche League, a national group of mothers who can answer your questions. Look in the white pages of your phone book for a local chapter.

Bottle Feeding

If you have decided to bottle feed your baby, you will use a formula. Formulas are usually made from cow's milk, or other special products to meet the needs of a growing baby. There are three different forms of formula:

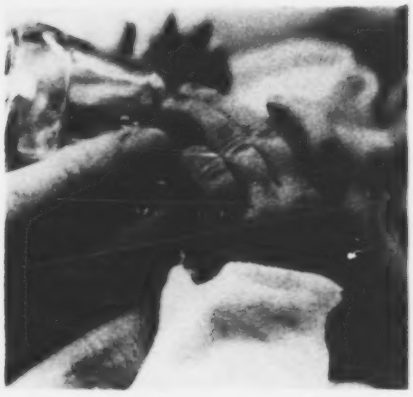
- *Powdered Formula* - the cheapest, and fairly easy to prepare.
- *Concentrated Formula* - more expensive than powdered formula. You have to add the right amount of water.
- *Ready-to-Feed Formula* - the most expensive, but the easiest to use.

Tracy Borland

Whichever formula you use, follow instructions carefully. Make sure that bottles and nipples are washed and clean.

Baby

When you bottle feed your baby, keep the nipple full of formula so he doesn't swallow air. Hold your baby close with his head up. Don't leave your baby alone with the bottle propped up, and don't put him to bed with a bottle.



Babies Need Water

Whether you breast or bottle feed your baby, offer a bottle of water, especially in hot weather or when he has a fever or diarrhea. Don't add sugar to the water, unless prescribed by your doctor, and don't give flavored drinks, soda pop, or even fruit juice to a newborn.

You can get a leaflet, *My Baby's First Food*, from the local Home Advisor at your county Cooperative Extension office. Ask her to send you Leaflet 21174.

QUESTIONS

Does my baby need any special shots or immunizations?

Yes, your baby will need to be immunized against certain diseases. Check with your doctor, clinic, or the Health Department for information.

Games Babies Play

Alfred Smith

Babies learn through playing games. Games are more than just fun. They teach babies to:

- Use their bodies
- Learn language
- Develop their thinking
- Feel good about themselves
- Feel good about the person taking care of them.

You can play with your baby by quietly talking to her, singing to her, reading to her, or smiling at her. Even though she is a newborn baby, she will respond by listening to you, and will love the attention. As she grows older, she will reward you with a smile, a coo, or a gurgle and will try to reach for you.

Jeff Weissman/Alta Bates Hospital (3)

How to Make a Memory Book

If you saved the front page of the newspaper on the day your baby was born, and any public announcements of his birth, you can use them to start a Memory Book. You can either use a scrapbook or a school size notebook, or make up your own book. You can make it as fancy or as simple as you like.

Put in the front page of the newspaper and the birth announcement. Later he can look at it and see all the things that were happening on that important day.

Put down all the great "firsts" in your baby's life – the first time he smiles, walks, talks, sits up, crawls, etc.

Write down dates and symptoms of illnesses, date of shots or immunizations, monthly weight and height, how many teeth and when he gets them, and your baby's blood type. If you have photographs of your baby, you can put them in too. As he grows older, include drawings that he makes. You can note the things he learns, what he likes, and doesn't like, and clever comments he makes in his early years.

The Memory Book will be one way for your child to learn about his roots and to learn about himself. It will not only give him much enjoyment, but it will also serve as a good record of the early years.

Alfred Smith (2)

Jeff Weissman/Alta Bates Hospital

COMING NEXT

- The Baby Blues – What to do
- Teenage Parents – Where to get help

For You . . . Going back to work or school? Need child care for your baby? Here are some ideas and choices.

Find out what is offered in your county. Decide what you can afford and what you feel is best for your baby and for yourself.

Avoid, if possible, child care arrangements where you have to travel a long way, or to rush from work or school to pick up your child.

Don't be afraid to ask questions to put your mind at ease. Ask questions like "What would you do in an emergency? What will you do if my baby cries a lot? What do I do if my baby is sick, and do I have to make other arrangements on those days?"

Make sure that you feel comfortable with the child care center or the sitter you choose.

SUGGESTIONS

LICENSED FAMILY DAY CARE HOMES provide full or part-day care services for children in private homes. They are licensed through the county Welfare Department or through the California State Department of Health and Welfare. You can usually get information about these homes from the Licensing Unit of the local county Welfare (Social Services) Department.

PRIVATELY FUNDED CHILD CARE PROGRAMS offer part-time care for infants, as well as for older children. You can find them in the yellow pages of the phone book, listed under Nursery Schools.

A LEAFLET, *Employed Mothers: Combining Work and Parenthood*, is available from the local Home Advisor and your county Cooperative Extension office. Ask her to send you Leaflet 21047.

If you have any questions or comments, please contact your local Home Advisor, listed in the phone book under University of California, Cooperative Extension.

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

1 MONTH OLD

Tracy Borland

PS 018220

Dear Parents, You and your baby are learning about each other!

During this first month, both you and your baby will spend a lot of time getting to know one another. Most of your baby's time will be spent sleeping, crying, or eating. Most of your time will be spent figuring out the best way to meet your baby's needs.

Sometimes, you may feel tired and nervous and may lose your temper. Most parents feel like this at one time or another. Don't worry; these feelings will pass with time.

TEENAGE PARENTS, YOU ARE NOT ALONE

Nearly 2 million teenagers become parents each year. As a younger parent, you may have some special concerns—like living with your parents, being accepted by your friends, or finishing your schooling. If you feel that you need some extra guidance or counseling, here are some places where you can get information:

- YOUR HIGH SCHOOL PRINCIPAL OR COUNSELOR can tell you about programs especially designed to help you finish your education while taking care of your baby.

- YOUR LOCAL Y.W.C.A. (Young Women's Christian Association) may have programs for teens and for teenage parents and can offer you guidance, or refer you to agencies. They are listed in the white pages of your phone book.

- YOUR LOCAL SALVATION ARMY has programs designed for teenage parents and facilities open to teenage parents. They are also listed in the white pages of your phone book.

BEST COPY AVAILABLE

KEEPING YOUR BABY'S RECORD

One way of checking on your baby's health is to keep a record. You can keep a small family health notebook in which you put down such items as height, weight, immunization schedule, how many teeth baby has and when she got them, and your baby's blood type.

Put down dates of illnesses and briefly describe the symptoms. You can refer to this notebook when your child starts school, as the school will need a record of immunizations. It will also be fun to look back through the book to see how your baby grew.

WATCH OUT!

AN ACCIDENT CAN HAPPEN IN ANY HOME.

It is a good idea to ask your doctor, nurse, or clinic if there is a Poison Center in your area and to keep the phone number handy. Your doctor, nurse, or clinic will also be able to tell you the things it is useful to have in the house in case of small accidents or mild illness, and what you should do if something more serious happens.

Your local American National Red Cross will also be able to advise you about home first aid kits, and in many areas, they offer basic first aid courses. You can find their phone number in the white pages of the phone book.

WHAT'S IT LIKE

How I Grow

- I wobble my head if you don't hold me.
- I turn my head sideways when I'm on my stomach.
- I roll part-way from my back to my side.
- I keep my hands in a fist or slightly open most of the time.
- I root around and try to suck, even when I'm not feeding.

How I Talk

- I'm beginning to make some throaty sounds.
- I cry when I'm hungry, wet, or tired, or when I want to be held.

How I Respond

- I make eye contact with you.

Tom Trier

TO BE 1 MONTH OLD?

Tracy Borland

- I stare at things, but I don't grab for them yet.
- I don't show much expression on my face, but I will soon!
- I may smile when I see or hear you.
- I get scared by loud noises, bright lights, or rough handling.

How I Understand

- I prefer looking at patterns instead of solid colors.
- I know that I'm going to be fed at certain times.

How I Feel

- I feel comforted when you hold me close, smile, and talk gently to me. Don't be afraid of spoiling me.

Leslie Medine

Tracy Borland

Tracy Borland

Feeding Your Baby

ALL YOUR BABY'S FOOD AND NUTRITION NEEDS FOR THE NEXT 4 MONTHS CAN BE MET WITH BREAST MILK OR FORMULA.

By now, your baby probably has a fairly regular pattern for feeding. She may get hungry anywhere from every 2 hours up to every 4 hours.

Don't worry if your baby is a slow drinker, or drinks less than you think she needs. If she doesn't want that last ounce of milk, don't force her. Overfeeding your baby can make her fat. An overweight baby is not necessarily a healthy baby. Overeating will only cause problems for your baby in later life.

Hold your baby close in the bend of your elbow while feeding. Remember that food and loving are both important. This is a time for getting to know each other—a time for snuggling, cuddling, and talking.

Hiccups are not unusual, especially if your baby is bottlefed. They may be caused by air bubbles that your baby gets from sucking hard on the bottle. Air bubbles can be painful. A small bottle of warm water may help. Burping your baby at least once during a feeding and then again when the feeding is finished will also help.

If you breast feed, you will now need about 500 extra calories a day. Two additional glasses of milk and a peanut butter sandwich will give you more than enough extra calories. Remember to drink plenty of liquids, and choose foods that are good sources of nutrients.

You can get a leaflet, *My Baby's First Food*, from the local Home Advisor at your county Cooperative Extension office. Ask her for Leaflet 21174. You will find her address in the back of PARENT EXPRESS.

INFANT NUTRITION HOTLINE, a phone service operated by Beechnut Baby Food, offers, on request, taped answers to the most frequently asked questions about nutrition and other related fields. Topics include infant nutrition, allergies, colic, overfeeding, thumbsucking, and weaning. Call 1-800-523-6633 toll-free Monday through Friday, 6 am to 1 pm. (In certain counties you may not need to dial the 1 before the 800. Check with your local operator.)

QUESTIONS

"My daughter has colic. After the 6 pm feeding, she starts to cry and won't stop. What do I do?"

Some babies have crying attacks almost every evening, usually between 6 pm and 10 pm. They scream loudly, draw their legs up sharply, frown, and turn bright red. These attacks can last for hours and are all symptoms of what the doctors call colic, a name given to explain any hard, continual crying in infants.

No one knows what causes colic. It is thought that colicky babies may have a lot of gas and cry because they are so uncomfortable. By the time a baby is 3 months old, however, the daily colic attacks usually stop.

There is little you can do except try to comfort your daughter until the attack is over. Sometimes it helps to hold an infant across your knees on her stomach.

Listening to a colicky baby and not being able to help can be very frustrating. But remember, it is not your baby's fault and it is not your fault, and she will eventually get over it. If your baby continues to cry hard all day long and nothing seems to help, have her checked by a doctor or at a clinic.

BATHING

Your baby will be ready for a daily tub bath as soon as his navel (belly button) and circumcision have healed. Until that time, wash your baby with a soft cloth dipped in a basin of warm water.

Some babies like to be bathed before the morning or evening feeding. Others hate to be bathed before eating, and like their baths after their meals. Choose a time to suit your baby and yourself.

Babies may cry when they have their first baths, but by the time they are about 6 weeks old, they usually like the feel of water.

How to Give a Sponge Bath

Make sure the room is warm (between 75° and 80°) and draft-free. Then fill the tub or basin with warm water. Test the temperature with your elbow or wrist to make sure the water is not too hot. Don't put any softeners or bath lotions in the water. They may cause a skin rash.

Wrap your baby loosely in a large towel. Keep his diaper on, but not pinned. Sit next to the tub or basin or warm water with your baby in your lap. Have the soap, wash cloth, and a soft drying towel near you.

Gently wipe your baby's face and neck. Babies don't usually like this, so get this part over quickly. About twice

Tracy Borland (6)

YOUR BABY

BATH TIME CAN BE FUN FOR YOU AND YOUR BABY. MAKE IT AS EASY AND PLEASANT AS POSSIBLE, SO BOTH OF YOU WILL ENJOY IT.

a week, wash his hair and scalp, rubbing your palms with soap and gently lathering his head. To rinse, hold your baby's head and back over the basin with your hand and arm in a football-carry hold. Rinse off several times to make sure all the soap is gone and then pat his scalp dry. Avoid getting water in his eyes.

Now move to his chest, arms and hands. After soaping and rinsing with the warm cloth, pat dry. Patting, instead of rubbing, with a towel is easier on a baby's tender skin. Turn your baby on his stomach to wash his back. Then turn him on his back again. Take off his diaper and wash, rinse, and dry his stomach, bottom, legs and feet.

How to Give a Tub Bath

Using a plastic tub filled with warm water and placed on a table or the sink counter will be easier on your back than leaning over a regular-size bathtub. If you are using the kitchen sink, place a towel in the sink as a cushion, and turn the faucets away from your baby. Fill the tub or sink with warm water and remember to test the temperature. Start out with just a few inches of water until you feel more comfortable. Hold your baby securely in the tub or sink by cradling him in one arm, and wash him the same way you would with a sponge bath.

Baby Powder

After the bath, you may want to dust your baby with baby powder. Don't shake the powder directly onto his skin, as he may inhale the fine particles of powder. Powder your hands and gently pat onto your baby's skin. DON'T USE ANY BABY POWDERS THAT CONTAIN **ZINC STEARATE** OR **ASBESTOS**.

Baby Lotion or Oil

If your baby's skin is dry, you can use a baby lotion or a mineral oil. Take some cotton, put a little lotion or oil on it, and gently wipe his skin.

A SPECIAL NOTE TO FATHERS

If you haven't tried giving your baby a bath yet, now is a good time to start. You can use bath time for sharing giggles, for being close, and for giving your undivided attention to your little one.

Babies love to coo, splash, and play games with water toys while fathers observe, hum, and carry on a conversation with their babies.

Babies feel especially loved and loving when they are swept up in a big, fluffy towel, with a cuddle thrown in, before the dressing game starts.

The happy times that are shared with your baby during his bath will go a long way.

YOUR BABY'S FIRST PHYSICAL CHECKUP

Tracy Borland (4)

The Baby Blues

As a new mother, you may be going through what is known as the "baby blues," or the post-partum blues. The "baby-blues" come from the many changes your body goes through after your baby is born. You may be discouraged, tense, or feel like crying. Many new mothers feel this way. Don't worry—these feelings are perfectly normal.

Some mothers worry that they look as if they are still pregnant. Don't be upset. Remember, it takes at least 6 weeks for the uterus (womb) to shrink back to normal size.

There are no strict rules about being a parent. If you are uncertain about what to do, trust your "gut" feelings or instincts.

Here are some ways to help you through these "blue" days:

- Talk to your partner, a family member, or a good friend about your feelings. It helps to talk with someone who is close to you.
- Find out if there are any parent groups in your community where parents get together to talk and work out solutions to common problems.
- Call the Mental Health Association (listed in the white pages of your phone book), the Parent Teacher Association (PTA) at the nearest school, the local School District, or religious groups in your community for names of groups or for help in solving problems.
- Call the Health Department (listed in the white pages of the phone book under your city or county) and ask about the Public Health Nurse Visiting Service. In many cases, this service is free.
- Ask a good friend or a relative to help you out once a month. She or he might be able to come in for a few hours to watch your baby while you take the time to relax, go out, or just have some time for yourself.

Tom Trier

If you have any questions or comments, please contact me:

COMING NEXT

- The One Parent Family—Suggestions
- A Crying Baby—What to Do

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

2 MONTHS OLD

Leslie Medine

Tracy Borland

Dear Parents,
It's fun to watch your baby grow!

Your baby is beginning to take interest in everything. While she is awake, she busies herself with looking, listening, and learning. Even though she can't really talk yet, she lets you know how she feels by crying, smiling, or screaming.

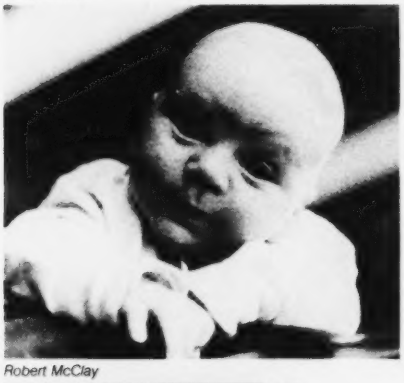
If she is a quiet baby, she spends a lot of time just looking. If she is an active baby, she does a lot of smiling or screaming, depending on how she feels!

Your baby is beginning to learn about herself as a person. And you, as her parent, are learning all about her!

PS 018220

WHAT'S IT LIKE TO BE

Tracy Borland



Robert McClay

Tracy Borland

How I Grow

- I still wobble my head a little when I am propped up.
- I hold my head up for a few minutes when I'm on my back.
- I hold onto things for a little while.
- I move my arms and legs and "bicycle" with my feet when I get excited.
- I stay awake for as long as 10 hours a day.
- I may even sleep for as long as 7 hours a night. Be patient with me if I still wake up during the night—pretty soon I'll be able to sleep longer!

How I Talk

- I gurgle, laugh, and smile when I'm happy.
- I like to try out cooing scunds.
- I cry to let you know when I want something.

Robert McClay

2 MONTHS OLD?

How I Respond

- I blink at shadows made by my own hands.
- I follow you with my eyes when you move around.
- I like to stare at people and things.
- I smile at others besides my mother.
- I quiet down when I suck my fingers, a bottle, or a pacifier.
- I perform just to get your attention.

How I Understand

- I recognize different voices and people.
- I recognize a few objects, such as my bottle.

How I Feel

- I feel happy, scared, or uncomfortable at times.

Tracy Borland

A CRYING BABY

Tracy Borland

WHAT TO DO

There are a number of reasons why your baby may cry. Here are a few of them:

- He may be dressed too warmly, or not warmly enough. Adjust his clothing to make him more comfortable.
- He may have an air bubble in his stomach which makes him uncomfortable. Gentle burping may help. Air bubbles keep your baby from feeding as much as he needs. You might try feeding again after burping.
- He may have a diaper rash. Leave his diapers off for a while. Try powdering his bottom with a little corn starch instead of baby powder. Free circulation of air helps skin to heal, and most babies love the freedom of not wearing a diaper. If the weather is cold, wrap him loosely in a blanket.
- He may want to be held close. Talk to him, cuddle him, and rock him for a while.
- He may be bored. Try these:
  - Turn him over in his bed to give him a different view.
  - Hang something over the bed that he can watch but can't reach.
  - Play some soft music.

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Feeding Your Baby

PARENTS USED TO THINK THAT FEEDING SOLID FOODS AT BEDTIME WOULD HELP THEIR BABIES SLEEP THROUGH THE NIGHT. NOT TRUE! IF YOUR BABY IS HUNGRY, GIVE HER BREAST MILK OR FORMULA – IT WILL HELP HER SLEEP.

No Solids Yet

There are good reasons for waiting to feed solids. Your baby's digestive system is not ready yet to handle foods other than milk. Her tongue and swallowing movements won't develop enough for solid foods until she is about 4 months old.

Sleeping Through the Night

Babies will usually sleep through the middle-of-the-night feeding by the time they weigh about 11 pounds.

If your baby sleeps through the 10 pm feeding (or the last feeding of the day), you may want to wake her up at 11 pm for a feeding. She will then probably sleep through the night until 5 or 6 the next morning. But some 2-month olds will wake up every 4 hours to be fed, day or night.

REMEMBER THAT YOUR BABY IS THE BEST JUDGE OF HOW MUCH SHE NEEDS AT EACH FEEDING. BE CAREFUL NOT TO FORCE HER TO FEED LONGER THAN SHE WANTS. SHE WILL CHANGE HER FEEDING PATTERN WHEN SHE IS READY.

You can get a leaflet, *My Baby's First Food*, from the local Home Advisor at your county Cooperative Extension office. Ask her for Leaflet 21174. You will find her address in the back of PARENT EXPRESS.

Tracy Borland

QUESTIONS

"My baby likes to sleep on her back. Is this position bad for her? Should I try to change this habit?"

Sometimes parents feel that they have to change a particular sleeping position because they think it is unsafe, or will harm the baby's head or feet. Babies will not choke on their backs, unless they are sick. And they will not smother on their stomachs. Just make sure there are not a lot of bed clothes in the crib.

It is important for your baby to feel comfortable while sleeping. If you are worried that your baby's head is starting to flatten because she always sleeps on the same side, there are several things you can do. Tie some colorful, safe toys on the other side of the crib so that she has to turn her head to look at them. Or turn your baby around in the crib so that her head is where her feet were before. The head flattening will disappear when your baby learns to roll over and change her sleeping position.

Games Babies Play

Learning-to-Look: An eyes-and-ears game

Playing with your baby gives her a chance to explore the world and satisfy her growing curiosity. She will enjoy your loving attention, and benefit from it.

Tracy Borland

PURPOSE OF GAME

- Trains your baby's eyes to follow an object and to pay attention.

HOW TO PLAY

- Put your baby on her back. Stand behind her and put your hand gently on her stomach. Try to keep her from seeing your face. You want your baby to watch the object and not you. (Remove your hand from her stomach if it bothers her.)
- Hold a noisemaking object, like a ring of keys, about a foot above her face.
- Shake the object gently until she looks at it.
- Watch your baby's eyes to see how she follows the object.
- Move the object slowly in a circle in the air, around her head.
- Change the direction of the circle. If your baby can't follow the object in a circle, make only part of a circle.

Other eyes-and-ears games

- Put mobiles over your baby's crib so that she can watch them as they move.
- Move objects back and forth in a straight line in front of your baby.

WATCH OUT!

Don't leave your baby alone on a table or chair. You will be surprised at how fast a baby can turn and roll off! That quiet baby can wriggle like an eel!

REMEMBER

CHECK WITH YOUR DOCTOR, NURSE, OR CLINIC ABOUT THE IMMUNIZATIONS THAT YOUR BABY NEEDS.

BEST COPY AVAILABLE

MORE THAN 6 MILLION ADULTS IN THE U.S. ARE SINGLE PARENTS

Tracy Borland

If you are a single parent, your child's needs will be even more demanding on you. It is easy for single parents to become so involved with their children that they stop seeing other people. But you need to spend time with other adults. Share family activities, such as outings, with friends you enjoy being around. Check the following places for news about parent groups and other activities which may interest you:

- Local newspapers
- Religious groups
- Service organizations
- Library bulletin boards

Don't limit yourself to events and groups labeled "for single parents."

SOME EASY EXERCISES TO HELP YOU RELAX

Allow time each day for relaxation and exercise—you've earned it! These exercises only take a few minutes and will make you feel refreshed again:

- Lie flat on your back. Take a deep breath. Now breathe out slowly. Repeat 5 times.
- Lie flat with your arms at your sides. Move your arms out to shoulder level, keeping elbows stiff. Then raise your arms over your head and bring your hands together. Repeat 5 times.
- Lie flat, then raise your head, touching your chin to your chest. Try not to move any other part of your body. Repeat a few times.

BE GOOD TO YOURSELF

COMING NEXT

- Exercises to Loosen Up
- Games Babies Play

If you have any questions or comments, please contact me:

COOPERATIVE EXTENSION
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PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

3 MONTHS OLD

Dear Parents,

You and your baby talk through body language!

Your baby doesn't use words yet, but he will understand a universal language—body language. This is a language that doesn't need words. You can tell your baby you love him by giving him a hug, singing a song, or gently rocking him to music. You will find that he talks back to you in the same way. He will give you a smile, a giggle, a coo, or a hearty chuckle.

YOU DON'T NEED WORDS TO TELL YOUR BABY YOU CARE.

PS 01220

REMEMBER

ALL BABIES ARE DIFFERENT AND GROW AT THEIR OWN PACE. SO DON'T WORRY IF YOUR BABY ISN'T DOING EXACTLY THE SAME THINGS AS OTHER BABIES AT THE SAME AGE.

Tracy Borland 47

WHAT'S IT LIKE TO BE

How I Grow

- I hold my head and back pretty straight when you support my body.
- I lift my head, lean on my elbows, arch my back, and rock when I'm on my stomach.
- I move my arms and legs a lot.
- I push with my arms and legs when I am held.
- I touch my face with my hands.
- I grab at things, but sometimes I miss.

How I Talk

- I coo simple sounds, like ooh, ah, ae.
- I answer sounds I hear by gurgling, cooing, and squealing.
- I don't cry as much as before. Have you noticed?

Tracy Borland (5)

3 MONTHS OLD?

How I Respond

- I react with my whole body to familiar faces.
- I get excited when I see people I know, or when I see my bottle.
- I stop sucking to hear sounds. Then I look and suck at the same time.
- I follow sounds with my eyes.
- I like listening—talk to me in simple sentences.

How I Understand

- I'm beginning to find out that I am a person.
- I'm beginning to show that I have a memory.
- I recognize different family members.

How I Feel

- I love being cuddled.
- I don't like being left alone.

Vonzetta Gant

QUESTIONS

"When I take my baby out with me, who should I dress first—baby or me?"

It's easier if you dress first, then get your baby ready. When dressing your baby before going out, try to make it an enjoyable time for both of you. Talk gently and smile at her while changing her clothes.

Some baby clothes have tiny buttons, little loops, and small snaps. Maybe they were a gift from someone and though they look very nice, they are difficult to get onto a squirming baby. If you are in a rush, it may seem like your baby is trying to do everything to make it more difficult for you. She may be fighting mad from being handled too much, and she can get overheated from wriggling around.

When you are going out, the decisions you make about what you will wear also apply to your baby. If it is chilly outside and you need a sweater, your baby will probably need something warm, too. If the sun is shining brightly enough for you to need a sunhat or sunglasses, your baby will probably need a hat too, to protect her head from sunburn and to shade her eyes.

Feeding Your Baby

YOUR BABY SPENDS A LOT OF TIME FEEDING. ONE OF THE MOST IMPORTANT PARTS OF FEEDING IS THE WARMTH AND PLEASURE HE FEELS WHILE BEING HELD AND FED.

Tracy Borland (2)

If you are bottle feeding, don't prop the bottle and leave your baby alone, or put him to bed with a bottle. There are several reasons why. There is a small opening or tube between your baby's throat and his ear. If your baby is lying down and sucking on his bottle, a small amount of formula may travel from the throat to the ear and cause infection. Also, the formula that may remain in his mouth when he falls asleep with a bottle can cause tooth decay. And leaving your baby to feed himself robs you both of a loving and relaxing time together.

Remember, your baby is not necessarily hungry every time he cries. When babies are fed too often, they eat less at each meal. Their stomachs empty more quickly, and empty stomachs soon make them hungry again. Also, offering a bottle just to keep baby quiet teaches him to connect feeding with discomfort. This may lead to feeding problems later on.

During the first 4 to 6 months, breast milk or formula will be enough to satisfy your baby's nutritional needs. After 6 months, your baby will start eating other foods such as infant cereals, pureed vegetables, fruit, and meats. But you should continue feeding breast milk or formula. For more information, you can get a leaflet, *My Baby's First Food*, from the local Home Advisor at your county Cooperative Extension office. Ask her for Leaflet 21174. You will find her address in the back of PARENT EXPRESS.

Games Babies Play

Getting-the-Feel-of-Things: A using-the-senses game

Tracy Borland

PURPOSE OF GAME

- Teaches how to tell the difference between things through looking, feeling, tasting, smelling, and hearing.
- Encourages your baby to explore the world by using different body movements—for example, banging, mouthing, dropping, and rubbing.
- Encourages your baby to examine different objects when alone.

HOW TO PLAY

- Choose various harmless objects from around the house with different shapes (square, round, hard, soft, fuzzy, long, short, sticky).
- Show the objects one at a time and let your baby examine them.
- Watch the movements your baby makes—she will treat each object differently. She is learning to change her body movements to fit the object she is examining.

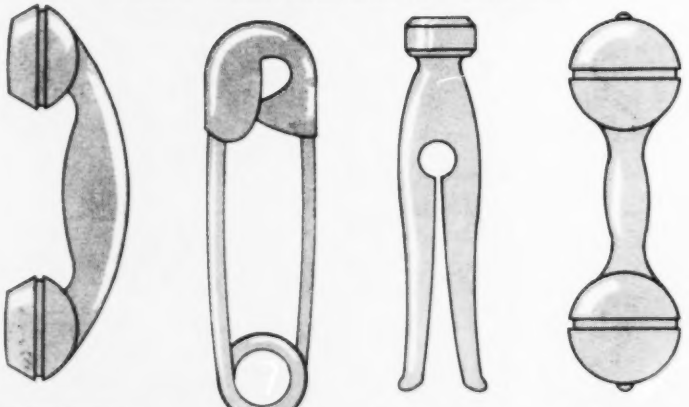
WATCH OUT!

BABY RATTLES CAN BE DANGEROUS!

The U.S. Consumer Product Safety Commission warns parents to be very careful about the kinds of toy rattles they give their babies. Make sure that no part or end of the rattle is small enough to fit into your baby's mouth, as he may choke on it. A baby's mouth is very flexible and can stretch to hold larger shapes.

Keep rattles with these shapes away from your baby. They have been responsible for many home accidents.

DON'T GIVE YOUR BABY THESE SHAPES. THEY CAN BE DANGEROUS!



Telephone receiver **Safety pin** **Clothespin** **Barbell or dumbbell**

SOME EXERCISES TO LOOSEN UP YOUR BODY

Tracy Borland

With all the responsibilities in your life, exercise is one of the easiest to leave out, but it's one of the most important. Some of the best exercises are walking and swimming, but there are also plenty of good exercises to do at home. Here are two simple exercises that take just a few minutes and help to loosen up your body.

- Lie on the floor, on your back, and point your toes.
- Raise your right leg slightly and stretch your left arm toward your raised leg.
- Repeat with opposite arm and leg.
- Repeat 6 times.

- Lie on the floor, on your back, with arms stretched out to shoulder level.
- Bend your knees and lift your feet up.
- Swing bent legs toward right, making sure your shoulders and arms are flat on the floor.
- Then swing legs to the left.
- Repeat 6 times.

FOR ACHING MUSCLES

Many things can make your muscles ache—carrying your baby, ironing, writing, washing dishes, or doing any one thing for a long time. Try doing these exercises to relax.

- Lie down on a rug or bed with your legs straight and slightly apart. Stretch your arms high above your head.
- Then round your back and stretch your arms out in front of you, touching your chin to your chest.
- Repeat moving your arms up and down 5 times.

FOR TENSE NECK MUSCLES

Shoulder Shrug

- Stand or sit in a comfortable position.
- Raise your shoulders to your ears, hold for a count of 4, then drop your shoulders back to a normal position.
- Now rotate your right shoulder up, back down and around, first one way, then the other. Rotate with your left shoulder, repeating the same motions. Then rotate both shoulders at the same time.

Head Roll

- Stand or sit in a comfortable position.
- Bend your head to the left. While breathing in, s-l-o-w-l-y roll your head back in a circle to the right.
- Then breathe out as you circle forward until you are back where you started.
- Now change directions, doing the same movements with your head bending to the right.
- Repeat 2 or 3 times.

Sucking, Pacifiers and Learning

Babies will suck their own fingers or fists from birth. This is not always a sign of hunger. The need to suck is probably strongest during the first 4 months.

Sucking quiets your baby. It reduces hunger pangs and tension. Pacifiers can be substituted for fingers. But don't overuse pacifiers as a way of keeping your baby occupied. Fingers are always there, while pacifiers get dropped and have to be picked up.

Sucking is also a learning experience for your baby. She will suck, then stop and look around. By the end of the third month, she will be able to look and suck at the same time. She is learning about the world around her while looking and studying everything.

Tracy Borland

COMING NEXT

- Feeding Baby Semi-Solids—When to Start
- Stress in Daily Life—What to Do

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PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

4 MONTHS OLD

Tracy Borland

PS 013220

Dear Parents, Your baby is beginning to explore his world!

Have you noticed how your baby responds to you with smiles and thinks that everything is a game? How he sometimes seems shy or afraid? From now on, you'll find that your baby uses all his senses—sight, sound, taste, smell, and touch—to learn about the world around him.

You can help him explore his world by playing, holding, talking, singing, and spending time with him. What could be more exciting and rewarding than watching your baby develop a personality all his own?

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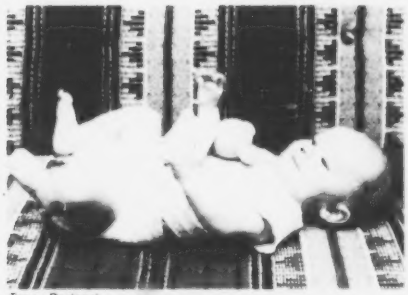
WHAT'S IT LIKE TO BE



Tracy Borland

Christie Gerlach

Tracy Borland

How I Grow

- I turn my head in all directions.
- I lift my head forward when I'm on my back and grab my feet with my hands.
- I sit up for about 15 minutes with my head and back straight if you support my body.
- I prefer sitting, instead of lying down—it's more interesting!
- I roll from my back to my side, but sometimes I get my hand caught under my stomach.
- I stretch my legs out straight when I'm on my back or my stomach.
- I move a toy from one hand to the other.
- I put things in my mouth.
- I splash and kick with my hands and feet in the bath.

How I Talk

- I babble and imitate sounds like coughing and clicking my tongue for long periods of time.
- I coo, grin, or squeal with joy when you talk to me.

Tracy Borland

4 MONTHS OLD?

How I Respond

- I love to see myself in the mirror.
- I'm fascinated by my hands.
- I like some people and am shy or scared of others.
- I may have one favorite toy or blanket.

How I Understand

- I can remember things for about 5 seconds.
- I know if something is near or far.
- I'm aware of depth and distance.

How I Feel

- I get excited when I'm having fun—everything is a game to me.
- I cry and get mad when you stop paying attention to me or take a toy away.

Tracy Borland

A special word for fathers . . .

Today, with more and more mothers working, more and more fathers are becoming involved in the care of their babies. In some one-parent families, the father is the main caretaker for his child.

There's no question that fathers can form close relationships with their babies. Fathers can love, guide, teach and nurture their babies. So how much should you, the father, be a part of your baby's life? As much as you can!

QUESTIONS

"Whenever my baby cries, I pick him up. My friend says I'm spoiling him. Is she right?"

Most child specialists agree that you are not spoiling your baby when you react promptly to his crying. A baby's needs are usually immediate. If he is hungry, he wants to be fed. If he is uncomfortable or scared, he wants to be held.

You don't have to worry about spoiling him. Answering his needs makes him feel safe, loved, and worthwhile.

Not answering his needs and ignoring him may teach him that the world is not to be trusted. The basic need for trust is the foundation for self-discipline. It's necessary for his growth into a well-adjusted, caring human being.

YOUR BABY NEEDS A LOT OF LOVE FROM *YOU*, THE MOST IMPORTANT PERSON IN THE WORLD TO HIM.

Feeding Your Baby

AFTER 4 to 6 MONTHS, YOUR BABY WILL BE READY TO EAT SOLID FOODS, IN ADDITION TO BREAST MILK OR FORMULA.

Tracy Borland

When to Feed

More and more pediatricians recommend that babies *not* be given solid food until at least 4 months of age, and preferably that parents wait until 5 or 6 months to begin feeding cereals and other solid foods. The reason: before 4 months, babies do not have full mouth and tongue control and will usually push solids out with their tongues. Therefore, semi-liquid, mushy foods should not be given to your baby before she can sit up with support, or has some head and neck control. *Check with your doctor, nurse, or clinic before beginning solid foods.*

What to Feed

After 4 to 6 months, your baby will be ready for other foods in addition to breast milk or formula. Usually an iron-fortified infant cereal is first. Choose a single-ingredient infant cereal like rice, oatmeal, or barley. Soon your baby will be ready for a few teaspoons of pureed vegetables and fruits.

How to Feed

Put a teaspoon of infant cereal in a dish (not in the bottle) and mix it with formula milk or breast milk. Don't add sugar, salt, or any seasonings.

For the first few weeks, offer the cereal once or twice a day after breast or bottle feeding. Use a baby-sized spoon to feed your baby. Give her just a small taste at first. If she seems interested, give her a few more tastes with the spoon. If she doesn't like it, or pushes the spoon away, wait a few weeks and then try again.

DON'T FORCE YOUR BABY TO EAT. SHE WILL ACCEPT SOLIDS WHEN SHE IS READY.

Try only one new food at a time. For example, if you start with a few teaspoons of infant rice cereal, continue for several days before introducing infant oatmeal or infant barley.

The first feedings will probably be messy. Don't forget, your baby has only been used to sucking up to now. But she will soon learn how to swallow solids. With a little patience, you can help your baby learn to eat and to like different foods. Try to make mealtime a pleasant time for both of you!

Tracy Borland

Sometimes a new food can cause diarrhea, a skin rash, or even a runny nose. If you think your baby has an allergy problem, check with your doctor, nurse, or clinic.

YOUR CAN GET BOOKLETS ON CHILDREN'S ALLERGIES BY WRITING TO: ALLERGY FOUNDATION OF AMERICA, 801 SECOND AVENUE, NEW YORK, NEW YORK 10017. ENCLOSE A STAMPED, SELF-ADDRESSED ENVELOPE.

If you are planning to make your own baby food, you can get a leaflet, *Making Baby Food*, Leaflet 21162. You can also get *My Baby's First Food*, Leaflet 21174, from the local Home Advisor at your county Cooperative Extension office. You will find her address in the back of PARENT EXPRESS.

Games Babies Play

I-Can-Move-to-Keep-Things-in-Sight: An eyes-and-body game

Tracy Borland (3)

PURPOSE OF GAME

- Teaches your baby to use his body, and to lift his head and part of his upper body when watching a moving object.

HOW TO PLAY

- Put your baby on his stomach and sit facing him.
- Use a ring of keys, or a box or can filled with buttons or rocks.
- Dangle the noise-making object in front of your baby's face and say, "Look at the keys."
- Raise the object slowly in the air to encourage him to lift his head and push up with his hands.
- Say something like "Follow the keys" or "Keep your eyes on the keys."
- Watch your baby and see if he can lift his chest off the floor.

Another eyes-and-body game

- Move objects slowly behind your baby's head. See if he will move around to find the object.

COPING WITH DAILY STRESS

Does your stomach feel tense? Do you often get headaches? Do your muscles ache? Do you sometimes feel like hitting someone? Or crying for no reason? These are some of the signs of stress — AND YOU CAN DO SOMETHING ABOUT THEM.

Everyone goes through stress or strain at one time or another. Stress builds up from daily worries, from crisis, from life changes — like becoming a new parent, or getting divorced, or changing jobs. For some people, it can build up to the point where they can no longer control their emotions, or where they strike out at the world around them.

It's easy to ignore the first signs of stress. But if you listen to your body and to your feelings, you can learn to read the warning signals, and take action to reduce tension. Here are some suggestions, stress-reducing exercises, places you can contact, and other information that can help:

SUGGESTIONS

- Put your baby down for a nap and forget what you "should" be doing. Take some time to RELAX. Do whatever makes you feel fresh again.
- Don't keep worry and anger bottled up. Talk about these feelings with someone who is close to you.
- Set reasonable goals for yourself. Then decide what first steps you REALLY want to take.
- Trying to do everything, plus taking care of your baby, will wear you out. Pick out the most important things and don't worry about the others.

EXERCISES

- Raise your shoulders up to your ears. Hold while counting to 4, then drop your shoulders back to their normal position. Rotate your shoulders back, down, and around, first one way, then the other. Repeat a few times.
- Lie on the floor with your feet up on a chair. Place a cool wash cloth on your face and think of the most peaceful scene you can imagine. Stay there for at least 5 minutes.

PLACES TO GET HELP

- If you are worried that your feelings are getting out of hand, call PARENTS ANONYMOUS, a national organization for parents who are concerned about child abuse. You don't have to give your name. Dial their TOLL-FREE number, 1-800-352-0386, during the hours of 8:30 am to 4:00 pm to get advice, help, or just to talk to someone. (In certain counties you may not need to dial the 1 before the 800. Check with your local operator.)
- If tension is so high that your partner reacts by beating you, write to the NATIONAL COALITION AGAINST DOMESTIC VIOLENCE. This is a nation-wide organization of women's shelters and domestic violence programs. They will give you help or tell you where to get help. Their address is: 1728 N Street NW, Washington, D.C. 20036.

OTHER INFORMATION

- You can send for a FREE pamphlet, **Families in Stress**, by writing to: Office of Human Development Services, Department of Health, Education and Welfare, Washington, D.C. 20201. Ask for Publication Number OHDS 79-30162.
- You can also get **Coping With Stress**, Leaflet 21168, from the local Home Advisor at your county Cooperative Extension Office. You will find her address in the back of PARENT EXPRESS. (A Spanish version, **Solucione Sus Problemas de Tension**, Leaflet 21220, is also available.)

WATCH OUT!

MAKE SURE ALL TOYS OR OBJECTS GIVEN TO YOUR BABY ARE SAFE.

Here are some thoughts to keep in mind when considering toys for your baby, as recommended by the National Safety Council. Toys should be:

- Washable.
- Large enough so that they won't fit in your baby's mouth, ear, or nose.
- Light enough so they won't cause injury if your baby drops them on himself.
- Made of non-brittle material (never glass).

Tracy Borland

Here are some suggestions for safety in toys:

- Avoid toys with spikes or wires in them.
- Make sure toys have no parts that can catch fingers.
- Check to see that toys are labeled nontoxic.
- Remove any loose metal squeakers from squeak toys.
- Remove the eyes on stuffed animals if they are loose or pinned on. Add your own touch by embroidering eyes on the animal.
- Avoid hanging pacifiers or toys from long strings above your baby's bed. They can come loose and get tangled around your baby's neck. Don't hang them around his neck either.

- DON'T GIVE PLASTIC BAGS TO YOUR BABY AS PLAYTHINGS.

If you have any questions or comments, please contact me:

COMING NEXT

- Discipline—It Starts Early
- Teething Is the Pits

COOPERATIVE EXTENSION
UNIVERSITY OF CALIFORNIA
Berkeley, California 94720

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

5 MONTHS OLD

Jeff Weissman/Alta Bates Hospital

PS 018220

Dear Parents, Your baby is a bundle of energy!

Your baby is probably no longer content to just sit quietly and look around. He wants to move all the time and in all directions!

Babies at this age usually spend a lot of time examining, exploring, tasting, feeling, touching, and learning about EVERYTHING. As a result, your baby will demand more of your time and attention.

To help you live with this new energy spurt, try to keep your sense of humor and your patience. You will enjoy each other more if you can laugh together!

TOYS ARE FOR LEARNING

Tracy Borland

From this age on, your baby will be very interested in toys that can be touched, and examined, chewed, and sucked, such as rubber teethers, plastic discs, and rubber beads.

Your baby learns from play and likes to explore each toy to get the feel of it. She likes to take a toy and twist, shake, suck, move it from hand to hand, and bang it on other objects.

She is learning about nearness and distance, inside and outside, and position and placement of objects. She is discovering the world of objects, and developing a sense of space, form and texture.

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WHAT'S IT LIKE TO BE

How I Grow

- I rock, roll, and twist my body.
- I kick my feet and suck on my toes.
- I keep my head and back straight when I sit, if you support my body.
- I stand up (if you hold me under my arms), jump up and down, and stamp my feet.
- I have pretty good aim when I grab at something.

How I Talk

- I watch your mouth and try to imitate you when you talk to me.
- I make sounds like ee, ah, ooh, da-da, bye-bye, ma-ma.
- I babble to myself, to my toys, and to people—I get attention that way!

How I Respond

- I may cry when I see strangers.
- I smile at familiar faces and voices.

Tracy Borland (6)

5 MONTHS OLD?

- I look around when I hear sounds.
- I make sounds and interrupt your conversations because I want attention.
- I want to touch, hold, turn, shake, and taste everything.
- I put a lot of energy into everything I do.

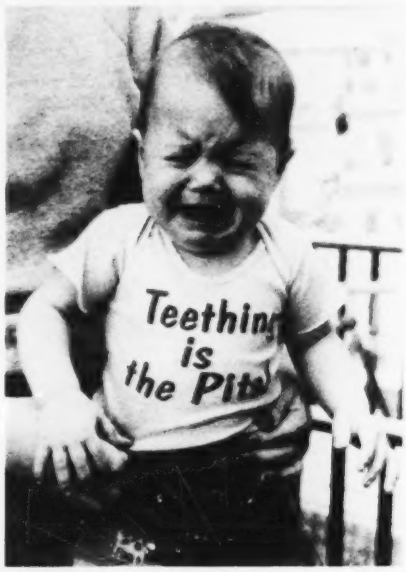
How I Understand

- I recognize my name.
- I can tell the difference between myself and others in the mirror.
- I am beginning to learn about my feelings.
- I look for something if I drop it.
- I remember what I just did.

How I Feel

- I cling to you when you hold me.
- I stop crying when you talk to me.
- I show fear, anger, and disgust.

QUESTIONS



"I think my daughter is teething. She wants to chew on everything, she is cranky, and she drools a lot. What can I do to make her feel more comfortable?"

It is quite normal for babies to get some teeth at this age. The first teeth usually appear at 6 months, but some babies get them as early as 3 months. Others don't get any teeth until they are a year or older.

As teeth push through the gums (usually the first teeth are the lower incisors), your baby may feel some soreness, and become cranky and irritable. You can ease the soreness by putting an ice cube in a clean cloth and rubbing it on her gums for a few minutes. Chilling a plastic or rubber teething ring in the refrigerator and then letting your baby chew on it may also relieve her.

Your baby may also drool a lot and have some diarrhea. If she continues to have diarrhea, it may not be teething that is bothering her. DON'T BLAME FEVER, VOMITING, DIARRHEA OR OTHER SIGNS OF ILLNESS ON TEETHING. If your baby shows any of these signs, have her checked by your doctor or clinic.

Feeding Your

Tracy Bunard (4)

YOUR BABY MAY BE READY TO EAT SOME NEW FOODS

One New Food at a Time

Try one new food at a time and feed it every day for several days. Start with a single ingredient rather than mixed foods—for example, rice cereal instead of mixed cereal, or applesauce instead of mixed-fruit dessert. Once in a while, a new food causes vomiting, diarrhea, or a skin rash. By starting only one new food and by using a simple food, you will know what is to blame should a problem arise.

Vegetables and Fruits

You can start with a half teaspoon of a yellow vegetable, one to two times a day. For example, give the baby strained carrots for a few days before introducing another vegetable, such as strained squash. After a few weeks of yellow vegetables, you can offer strained or pureed green vegetables, such as spinach, peas, or green beans. Gradually increase the amount to 2 teaspoons.

Some babies love fruit. Others have a hard time digesting it. Pureed fruits, like applesauce or mashed ripe bananas, can be introduced after the baby is accustomed to eating vegetables. Again, start with a half teaspoon and work up to 2 teaspoons one to two times a day.

Commercially Prepared Baby Foods

You can buy jars of commercial baby food that are specially designed for infants. Remember to get only single-ingredient vegetables and fruits. Avoid using regular commercially canned foods for making baby food. Regular canned foods (that are not specially made for babies) have variable salt and lead contents. Although these foods may be used safely for adults and older children, they may not be as good for infants.

Home-Prepared Baby Foods

You may want to prepare some baby foods at home. Equipment can be as simple as a sieve or a strainer, a blender, or baby-food mill. It can be convenient and money-saving to use some of the regular family foods. However, most of the family's food is unsuitable for infants since it is usually prepared with salt, spices, sugar, or fat. You will have to take time to prepare foods separately, or remove your baby's portion before salt, sugar, or other seasonings are added.

Cleanliness

Cleanliness is a must when preparing, storing, heating, or serving baby food.

Before handling baby food, wash your hands thoroughly with hot water and soap. Clean you fingernails and check for infected cuts and hangnails. Infections can carry staphylococcus bacteria.

Keep equipment spotlessly clean. Wash in hot, soapy water. Rinse under hot running water and air dry. Do not dry with a towel.

Use a plastic cutting board rather than a wooden one.

Cooking Methods

STEAMING is one of the best cooking methods to preserve vitamins and minerals, particularly for vegetables. Use a steam basket, colander, or sieve to hold the food above boiling water and cook in the rising steam. Food may also be steam-cooked in an oven if it is wrapped in foil or placed in a covered roaster.

ROASTING or BROILING are both acceptable methods of cooking baby foods. Foods will probably need added liquid (meat broth or formula) to puree smoothly.

MICROWAVE COOKING is a good method, especially for vegetables that can be cooked quickly in very little water.

BOILING is an acceptable method of cooking vegetables and fruit, if you're careful to use only a small amount of water. Some of the water-soluble nutrients will dissolve in the cooking water. You can save these nutrients by using the cooking water to thin the pureed food to eating consistency. Simmering is a recommended method of cooking lean meat to prepare it for pureeing.

SUITABLE FOODS TO PREPARE FOR YOUR BABY

Fresh, home-canned, and frozen fruits and vegetables without sugar, salt, or seasonings.

UNSUITABLE FOODS TO PREPARE FOR YOUR BABY

Commercially canned fruits and vegetables (unless unsweetened, unsalted, and packed in glass).

You can get a leaflet, *Making Baby Food*, Leaflet 21162, from your local Home Advisor at your county Cooperative Extension office. You will find her address in the back of PARENT EXPRESS.

Baby DISCIPLINE
IT STARTS EARLY

Now that your baby is beginning to explore, you need to make sure his world is safe. Now's the time to begin using some controls, such as babyproofing the house, or distracting him from doing something harmful or annoying.

These controls are the beginning of discipline. Discipline also means guiding a child's actions to make him acceptable to others and to himself.

Babies under a year old are too young to understand the reasons for stopping something they are doing. For example, your baby may love to throw toys on the floor. He likes to hear the noise, watch the toys bounce, and thinks it's a great game!

It doesn't occur to him that the noise is bothering you. You may even think that he is being defiant, but he only thinks that toy-throwing is fun.

How to get the baby to stop? Remove the toys and distract him with something else he can do. Give him a hug, too.

If you can strike a balance between providing necessary controls, a sense of humor, and loving care, your baby will learn how to think and act responsibly.

Games Babies Play

Difficult-Sounds: A communication game

Tracy Borland

PURPOSE OF GAME

- Encourage your baby to imitate sounds and words.

HOW TO PLAY

- Hold your baby in your arms and first let her relax.
- Make sounds like "brr-own," "grrr-ate," "bzzz-y," "uh-oh," "aaa-all gone."
- Face her so she can watch your lips.
- Nuzzle or cuddle her after you make the sounds.
- Laugh, smile, or hug her gently when she makes the sounds.

Other communication games

- Any sound or word imitation games you play while facing your baby.

If you have any questions or comments, please contact me:

REMEMBER

CHECK WITH YOUR DOCTOR, CLINIC, OR PUBLIC HEALTH NURSE FOR INFORMATION ABOUT THE IMMUNIZATIONS THAT YOUR BABY NEEDS. KEEP A RECORD OF ALL SHOTS AND IMMUNIZATIONS. YOU WILL NEED THIS INFORMATION WHEN YOUR CHILD REGISTERS AT SCHOOL OR AT DAY CARE CENTERS.

WATCH OUT!
SAFETY AND HIGH CHAIRS

The U.S. Consumer Product Safety Commission estimates that in 1 year, 7,000 children have accidents involving high chairs. The majority are under 4 years of age, and nearly 25 percent are children 1 year old or younger.

Things to look for in a high chair to insure your baby's safety:

- Well built, sturdy.
- Wide at base so it won't tip over easily.
- Seat belt that fastens across waist to hold your baby in chair.
- Crotch strap that runs between legs to keep her from sliding out of chair.
- Tray that locks securely on each side.
- Belt buckles and tray locks that are handy for you to use, but which your baby can't work.
- Nonslippery seat. If seat seems very slippery, attach rough-surfaced adhesive strips to it.

The U.S. Consumer Product Safety Commission will give you information and answers to questions about high chairs if you call their TOLL-FREE number, 1-800-638-8326. (In certain counties, you may not need to dial the 1 before the 800. Check with your local operator.) Or you can write to: U.S. Consumer Product Safety Commission, Washington, D.C. 20207.

DO'S AND DON'TS OF HIGH CHAIR SAFETY:

- DO always use seat belt and strap.
- DO be sure tray is securely locked in place.
- DO be sure your baby's hands are out of the way when you lock tray.
- DO be sure there are no sharp edges or hardware to cut her or you.
- DON'T let your baby stand in the chair.
- DON'T leave the chair too close to a table or counter. She can push against it and overturn the chair.
- DON'T leave her alone in the chair.
- DON'T let other children climb on the chair.

COMING NEXT

- How to Help Baby Sleep Through the Night
- How Children Learn from Parents

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PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

6 MONTHS OLD

Elliot Khuner

PS 01820

Dear Parents, Your baby is half a year old!

Now that your baby has reached the half-year mark, he is probably spending most of his awake time sitting up, playing, babbling, looking, and touching everything. He may be driving you a little crazy because he wants to grab everything he sees. Try to be patient—he is learning about the world.

So far we have talked about how your baby grows each month. But another person has also grown—YOU.

CONGRATULATIONS – KEEP UP THE GOOD WORK!

BEST COPY AVAILABLE

WHAT'S IT LIKE TO BE

How I Grow

- I turn and twist in all directions.
- I roll from my back to my stomach.
- I sometimes sit up for as long as half an hour.
- I creep backwards and forwards with my stomach on the floor.
- I hold onto an object with one hand and then put it in the other hand.
- I hold one building block, reach for a second one, and look for a third one right away.
- I grab for an object when it drops.

How I Talk

- I make sounds like f, v, th, s, sh, sz, m, and n.
- I still babble a lot, but I have more control of sounds.
- I'm beginning to understand some words by the tone of voice you use.

How I Respond

- I pick up things, shake them, and then listen to the sound they make when I drop them.

Tracy Borland (3)

6 MONTHS OLD?

- I play games with people I know.
- I get upset when I'm around grown-up strangers, but I'm friendly to children I don't know.
- I coo, hum, or stop crying sometimes when I hear music.
- I keep very busy doing something all the time.

How I Understand

- I know that I have to use my hands to pick up something.
- I look at and study things for a long time.
- I turn objects upside down just to get another view of them.
- I turn when I hear my name.

How I Feel

- I haven't learned how to control my feelings yet.
- I complain and howl when I don't get my way.
- I giggle, coo, and squeal with joy when I'm happy.
- I have very strong likes and dislikes about food.

Leslie Medine

FATHERS, TALKING IS A WAY OF BEING CLOSE TO YOUR BABY

Leslie Medine

You don't have to feel funny talking to your baby because she can't talk back yet, or because you feel others are watching and judging you. When you answer your baby's babbling with words or noises that imitate her sounds, you are teaching your baby that sounds are one way we communicate with each other. It is a very important part of learning.

Babies who are spoken to often also learn to speak more easily. This is because they imitate the sounds and facial expressions of those who are talking to them. The more they are spoken to, the more practice they get. Notice how your baby watches your face as you talk to her.

So, the next time you find yourself feeling self-conscious, try to remember that your baby is learning from you. Communicating with others is one of the most important things we do. Help your baby with this skill!

Feeding Your

YOUR BABY IS PROBABLY EAGER TO LEARN HOW TO FEED HERSELF. SHE MAY BE MESSY AT FIRST, BUT SHE'LL IMPROVE WITH PRACTICE!

Encourage your baby to feed herself. Use "finger foods" such as crackers and small pieces of bread or toast. Let your 6-month-old baby help you handle the spoon. Sit behind her so she can hold the spoon, or your hand, and can learn movements to use later when she feeds herself.

Also let your baby try drinking small amounts of formula or fruit juice from a cup. When she becomes skillful at drinking, increase the amount.

Your baby will be messy when she is first learning how to feed herself. Try not to become overly concerned about neatness at this time. Be prepared with a bib or apron to protect her clothing. A large plastic dropcloth under your baby's chair will make cleanup easier.

Things to Remember

- Candy, sugar, presweetened cereals, sweet desserts (including baby desserts), fruit-flavored drinks, and soda pop all have little food value. These sweet foods should not be fed to your baby; they will spoil her appetite for more nourishing foods. They also will be harmful to your baby's teeth.
- Before buying jars of commercial baby food, check the "circle of safety" on the jar top. If the circle is depressed, then the jar is vacuum sealed. If the circle is pushed up, the vacuum seal has been broken, and the jar should not be bought or used because it may not be safe. *Another safety check*: Listen for a "pop" sound when you open a jar of baby food. It lets you know that you have just broken the vacuum seal.

BASIC RECIPES FOR PUREED BABY FOODS

These recipes are in 1 or 2 serving sizes. They may be doubled or tripled if you store food in a freezer that maintains a constant temperature of about 0°F (−18°C). Date and label containers, and after freezing, keep no longer than 1 month.

Fresh Fruit

Do not add sugar.

3/4 cup ripe fruit (uncooked peaches, nectarines, bananas*, pears, apricots, apples)
1 tsp. unsweetened fruit juice
1 tsp. lemon-flavored water (1 tsp. lemon juice to 1 cup water to prevent darkening)

Remove skin and seeds. Puree ingredients in babyfood mill or blender until smooth. Serve or freeze.
*Bananas do not freeze well.

Tracy Borland (3)

Baby

Cooked or Home-Canned Fruits

Use apples, pears, peaches, nectarines, apricots (not dried), or prunes.

- 1/2 cup freshly cooked or home-canned fruit, or cooked dried prunes (all without sugar)
- 2 to 4 tsp. liquid (unsweetened fruit juice, water, or formula)

Remove skin (except apricot and prune skins) and seeds. Press through sieve, or place ingredients in babyfood mill or blender, and puree until smooth. Serve or freeze.
Hint: Apples such as Jonathans and Winesaps are better for cooking than Delicious varieties.

Vegetables

Do not add salt, sugar, or fat.

- 1/2 cup cooked fresh, frozen, or canned vegetables without salt (sweet or white potatoes, green beans, peas, carrots, yellow squash)
- 2 to 4 Tbsp. cooking liquid, formula, or water.

Cook fresh vegetables or use frozen or home-canned vegetables without salt or seasoning. Read ingredients on label to be sure. Press vegetable chunks through sieve or babyfood mill. Thin with cooking liquid or formula to eating consistency. Or place cooked vegetable and liquid in blender, and puree until smooth. Serve or freeze.
Note: After the vegetables have been fed individually several times, some good combinations are potatoes-and-carrots, potatoes-and-green beans, and carrots-and-peas.

QUESTIONS

Arlene Reiff

"My baby wakes up almost every night and cries until I go to him. Then he wants to play instead of sleep! What can I do?"

Some babies have a hard time sleeping at night. They spend the entire day exploring and playing, and then at night, even though they are exhausted, they have trouble settling down. They wake up during the night and want to play, or practice their new skill of standing up in bed.

Parents have to gently but firmly let their babies know that it is bedtime, not playtime. When your baby wakes up in the night, go to him. Pick him up, cuddle him, talk to him, change his diaper, and then put him down on his tummy to sleep. Tell him firmly that it is bedtime and that he must try to go to sleep.

You can also try spending some quiet time with him before bedtime. Read from a favorite book, play a quiet game together, or hold him closely and sing to him before putting him down for the night.

WATCH OUT!

TAKE GOOD CARE OF YOUR BACK; IT'S THE ONLY ONE YOU'VE GOT!

Protect yourself from future back problems. For instance, when you pick up your baby, DON'T bend over from the waist. Instead, bend your knees, and kneel or squat, keeping your back as straight as possible. Hold onto your baby, and straighten up from the knee-bend or squat position. MAKE YOUR KNEES, NOT YOUR BACK, DO YOUR WORK.

Use the same kind of knee-bends or squats, with your back straight, when you want to pick up something from the floor. This will help prevent back strain.

REMEMBER TO WATCH YOUR POSTURE. When standing or sitting, hold your back straight and pull in your stomach. Good posture will help protect your back from future aches and pains.

Tracy Borland (2)

Games Babies Play

Get-What-You-Want: A using-a-tool game

PURPOSE OF GAME

- Encourage your baby to use objects as tools for getting what he wants.

HOW TO PLAY

- Put your baby in a sitting position on the floor. (You can sit beside or in front of him.)
- Place a small blanket within his reach.
- Put a favorite toy on the blanket, but place it out of reach.
- If your baby does not pull the blanket to get the toy, push the blanket towards him until he can reach the toy.
- Use action words to describe what he is doing, like "See, you got the ball by pulling the blanket."
- You can use towels, potholders, or pillows instead of a blanket.

REMEMBER

ALL BABIES ARE DIFFERENT AND GROW AT THEIR OWN PACE. SO DON'T WORRY IF YOUR BABY ISN'T DOING EXACTLY THE SAME THINGS AS OTHER BABIES AT THE SAME AGE.

PARENTS SET EXAMPLES FOR THEIR FAMILIES

CHILDREN LEARN FROM WATCHING PARENTS

When raising their children, many parents either do what their own parents did, or do just the opposite. What do you copy from your parents? What do you do that is different? Have you thought about why you copy some things and reject others?

Even though your baby is only 6 months old, she is learning from your example. That is why it is so important to think about the examples and patterns you are setting, even at this early age. Once set, patterns of family life are hard to change.

Some patterns that influence your child's life, are:

- How you talk to each other.
- How you work out problems.
- How you show your feelings.

REMEMBER—YOU ARE THE MOST IMPORTANT INFLUENCE IN YOUR CHILD'S LIFE.

COMING NEXT

- Be Your Own Best Friend
- Talking Honestly with a Partner

If you have any questions or comments, please contact your local Home Advisor, listed in the phone book under University of California, Cooperative Extension.

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

7 MONTHS OLD

Tracy Borland (2)

Dear Parents,
Your baby's world is growing!

Have you noticed how your baby is fascinated by her hands? How she makes a fist? Claps her hands? How she just loves to poke your face with her fingers? At this age, your baby is interested in everything!

You can encourage her wonderful curiosity by playing simple games with her. Clap hands to music together. Play peek-a-boo, or a naming game, where you point to different things and name them.

PS REMEMBER THAT PLAYING IS A FORM OF TEACHING AND YOU ARE YOUR BABY'S MOST IMPORTANT TEACHER.

A NEW INDEPENDENCE

TEMPER AND FRUSTRATION— A PART OF GROWING PAINS.

Your baby moves into another room to explore and satisfy his curiosity. He doesn't see you, gets scared, and starts to howl. Or you leave the room. He begins to cry because he is frightened of being separated from you. Or he drops a toy out sight. He screams with anger because he can no longer see or get to it, and he wants it back immediately.

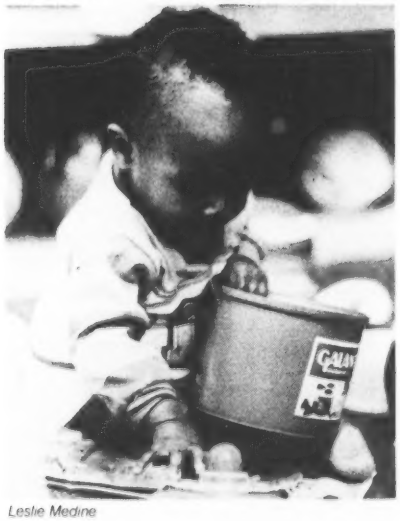
Now that your baby is able to get around more on his own, life is more exciting, but scary and frustrating too. Don't be surprised if he begins to show some signs of temper or frustration—most babies do at this age. Temper and frustration are very normal. They will pass as he gets older, feels more comfortable, and is more skillful in moving around.

Give him some extra cuddling during these bursts of independence. Remember that he can always use some loving, and so can you!

WHAT'S IT LIKE TO BE

Tracy Borland

Tracy Borland



Leslie Medine

How I Grow

- I creep on my stomach—I may even crawl.
- I also get around on my back by raising my behind and pushing with my feet.
- I balance myself and sit for awhile without any support.
- I keep my legs straight when you pull me up, and I try to stand by myself.
- I explore my body with my mouth and hands.
- I can keep my diaper dry for up to 2 hours.
- I may have some teeth.
- I feed myself finger foods—I'm pretty messy!
- I play with a spoon and a cup, but I'm not so good at using them yet.

How I Talk

- I imitate the sounds I hear—that's how I learn.
- I say several sounds like ma, mu, da, di, and ba, all in one breath.

How I Respond

- I want to be included in all family activities.
- I like to see and touch myself in the mirror.
- I get excited when I see a picture of a baby, thinking it's me.
- I like toys that make noise like bells, music boxes, or rattles.
- I like to grab, shake, and bang things, and put them in my mouth.

7 MONTHS OLD?

How I Understand

- I concentrate better now and spend lots of time examining things.
- I know the difference in the size of blocks.
- I can tell if something is near or far.
- I can tell when people are angry or happy by the way they look and talk.

How I Feel

- I fear strangers, so stay with me when they are around.
- I feel strongly about what I want and don't want to do.
- I feel playful and like to tease.

Leslie Medine

Tracy Borland

Tracy Borland

Feeding Your Baby

YOU CAN START FEEDING YOUR BABY STRAINED MEATS AND OTHER PROTEIN FOODS, BREADS, AND FRUIT JUICES.

PROTEIN FOODS

Between the seventh and the ninth month, you can start adding meats, or meat alternatives, whole grain or enriched breads, and fruit juices to your baby's daily diet. You can either buy ready-to-eat meat alternatives such as poultry, fish, and egg yolk or prepare them at home. You should give your baby about 1 to 2 tablespoons, twice a day. Prepare or buy only plain, single-ingredient items such as jars of strained chicken, strained beef, strained liver, and strained fish. Remember, there is as much protein in 1 jar of strained chicken as there is in more than 4 jars of strained chicken and noodles.

Here's a single-ingredient recipe that you can prepare at home and freeze.

EGG YOLK PUREE

Cook 1 egg in simmering water 15 to 20 minutes. Remove shell. Remove yolk, and puree with 1 tablespoon formula or milk until smooth.

Serve, or date and label contents, freeze, and keep no longer than 1 month.

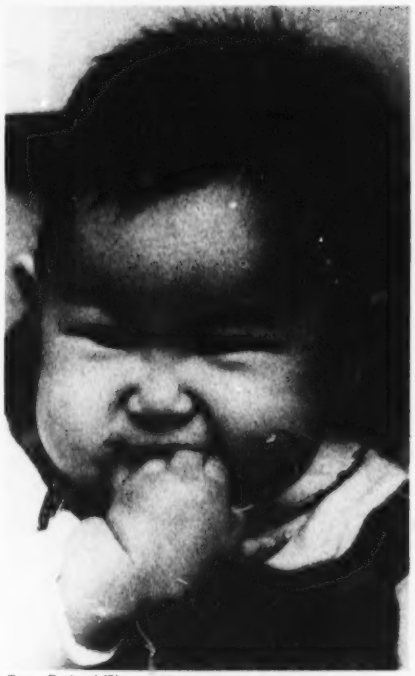
Note: Use only the yolk. Egg white is often not given until late in the first year to avoid problems with allergies. Use the egg white in the family's casseroles, salads, or sandwiches.

BREADS

You can try giving your baby up to 1 serving of whole grain or enriched breads such as toast, crackers, or hard biscuits. (If your baby is teething, chewing on biscuits will feel good.)

FRUIT JUICES

You can offer your baby 3 to 4 ounces of a vitamin-C rich fruit juice, such as orange or grapefruit.



Tracy Borland (2)

FOODS TO PREPARE	FOODS TO AVOID
• Fresh and frozen fruit juice without added sugar. • Fresh and frozen meats, poultry, or fish without added salt.	• Fruit drinks and imitation flavored fruit ades. • Meat products with salt, sugar, seasonings, and other additives (for example, bacon, bologna, hot dogs, frozen meat pies, etc.).

ABOUT WEANING

Some mothers decide to wean their babies from the breast or bottle about now. Others wait until later on. When you decide to wean your baby, try to do it gradually over a period of several weeks. During the weaning period, be sure to give your baby some extra hugs and kisses.

Games Babies Play

The Mirror: An eyes-and-hands game

Tracy Borland

PURPOSE OF GAME

- Helps your baby be aware of her own appearance.

HOW TO PLAY

- Stand in front of a mirror with your baby, and point to her reflection.
- Using her name, say, "I see Tina. Where is Tina? Find Tina. Look at Tina." Encourage her to point to herself in the mirror.
- Still sitting in front of the mirror, do the same thing with objects. Pick them up one at a time and move them behind your baby's head.
- Name the objects, telling your baby something about them, such as "This is a ball, and it's round."
- Then ask your baby, "Where is the ball?" and encourage her to point to it in the mirror.

Other eyes-and-hands games

- Let your baby play with toys in front of a wall mirror or dresser mirror.
- Let other people sit with your baby in front of the mirror and say their names.

COMING NEXT

- Fear of Strangers
- Babyproofing the Home

BE YOUR OWN BEST FRIEND—GIVE YOURSELF A PAT ON THE BACK!

Remember how you felt just before your baby was born? And during those first hectic months?

Now may be a good time to think about how your feelings as a parent have changed during these past months.

Are you feeling more confident and relaxed now about bringing up your baby? Are there still times when you feel unsure of yourself and guilty that you're not the "perfect" parent? Well, you know that there is no such thing as the "perfect" parent.

Often we expect too much from ourselves. It's impossible to be patient, understanding, and loving all the time. We just try to do the best we can. Yet many parents feel guilty and discouraged if they don't live up to how they think they should be as a parent. They have a whole list of "shoulds," such as:

- I should *never* get mad at my baby.
- I should *always* put the baby's needs ahead of mine.
- I should be patient at *all* times.
- I should *always* have dinner ready when my partner comes home, no matter how tired I am.

What are some of your "shoulds"? One way to find out is to make a list. Try, for example, to fill in the following sentences. Just write down any thoughts that come to your mind:

- A good mother should _____
  _____
  _____
- When my baby cries, I should _____
  _____
  _____
- When I'm tired, and my baby is cranky, I should _____
  _____
  _____
- As a parent, I should never _____
  _____
  _____
- As a parent, I should always _____
  _____
  _____

Now make up some of your own "should" sentences.

You might want to think about where your "shoulds" are coming from—your own parents? your friends?

DON'T BE TOO TOUGH ON YOURSELF. Instead of putting yourself down with your list of "shoulds," try to accept your feelings and realize it's not easy to be all things to all people—even little babies. Remember, too . . . NOBODY'S PERFECT.

BE A GOOD FRIEND TO YOURSELF.

QUESTIONS

"Ever since we had the baby, there's been a lot of strain between me and my partner. We never seem to have time just to sit and talk anymore. I can't seem to tell him how I feel. Things really seem to be piling up between us. Do you have any suggestions?"

Many new parents feel just as you do. Their lives are so busy with all the added demands a new baby brings, that it's hard to find the time to work things out.

As difficult as it may be, it's important to make the time and openly talk about what's bothering you. Chances are your partner has been storing up some gripes too.

Here are some ways to make it easier for both of you:

- *Set up a "date"*—Reserve a special time (or times) each week when you can be together to talk without distractions.
- *Use "I" messages*—Tell him how you are feeling without blaming him. Make sure you put YOURSELF in your communication. Instead of saying "*You* always put me down," say "*I* feel put down when you tell me . . . " By using "I" messages, your partner will not feel blamed or accused.
- *Be direct*—Say what you mean, rather than hoping he will guess or know what you mean. Instead of saying "The living room has been looking messy lately," say "I get upset when you leave your boots in the living room and expect me to pick them up."
- *Avoid the question trap*—Asking questions is often a poor substitute for direct communication. Instead of "Why didn't you call to tell me you'd be late?" say "I was worried that something had happened to you when you didn't come home at the usual time. Next time call me, so I won't worry."

  Tip: When you feel you are about to ask a question, stop and listen to yourself. Try to identify your real feelings and then say them in a statement instead of a question.

- *Be sure to listen*—Give him a chance to air his feelings and gripes. Don't interrupt, jump to conclusions, preach, or quickly offer advice. Check back with him to see if you really understood him; for example, say "Let me see if I understand. Are you saying that . . . ?"

It's normal for new parents to have many mixed feelings. If you use these basic communication skills, you may be able to find solutions to problems before they get out of hand.

If you have any questions or comments, please contact your local Home Advisor, listed in the phone book under University of California, Cooperative Extension.

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

8 MONTHS OLD

Tracy Borland

Dear Parents,

This is the age of curiosity!

Imagine that you are 8 months old. You try to talk but no one seems to understand your language. You try to walk but you're not quite sure how to do it yet. You reach out to touch things that are shiny, soft, hard, smooth, or sticky but everyone tells you "NO-NO—DON'T TOUCH." How would you feel? A little frustrated, you can bet! Well, that's how your baby feels at this age. He is very curious and wants to find out about all the fascinating things that surround him.

PS OPEN UP THE WORLD TO HIM. LOVINGLY AND SAFELY GUIDE HIM WHILE HE EXAMINES, EXPLORES, AND SATISFIES HIS CURIOSITY.

WAYS TO MAKE IT EASIER FOR TEENAGE PARENTS

If you are a teenage parent, chances are you're living at home with your family. Sometimes problems come up because you're a mother to your child, and still a child to your own parents. Being a mother and a daughter—at the same time, in the same household—can be hard for both you and your parents.

Does your mother sometimes act like the baby is hers, not yours? Does she keep telling you she knows what's best?

Do you resent still being treated like a child? And yet do you wish at times that your mother would take over so you could be like your friends?

And what about dating? Do your parents get all tense at the idea of you going out? Remember that it may be hard for them to tell you their worries. For example, they may be afraid that you'll get pregnant again.

Here are some ideas that may help you get along better with your parents:

- Try to talk out your feelings calmly and patiently.
- Try to listen to your parents' reasons and fears and understand why they feel the way they do.
- Try to show by the way you act that you are a responsible person.

WHAT'S IT LIKE TO BE

Tracy Borland

How I Grow

- I crawl backwards and forwards on my stomach.
- I pull myself up by holding onto furniture, but I have difficulty getting back down.
- I stand up if I lean against something.
- I sit without any support for several minutes.
- I reach for things and hold them with my thumb and first and second fingers.
- I hold onto a toy, like a rattle, for several minutes.
- I pick up small things like pieces of string.

Tracy Borland

How I Talk

- I let you know if I am happy, sad, or scared by the sounds that I make.
- I still babble a lot and shout to get attention.
- I say two syllable sounds like choo-choo, da-da, and ma-ma.
- I recognize some words.
- I watch and try to imitate your mouth movements.

Arlene Reiff

How I Respond

- I like to pat and kiss my reflection in the mirror.
- I turn and listen when I hear familiar sounds like the telephone or my name.
- I love to imitate people I know.

8 MONTHS OLD?

How I Understand

- I am very curious and want to explore everything.
- I know how to solve simple problems, such as making a toy bell ring.
- I understand the meaning of "in" and "out."
- I remember events that just happened.

How I Feel

- I am frightened by new experiences and new people.
- I'm upset when you leave me, even if it's for a short time.
- I feel so relieved when you return.
- I'm upset when people make a lot of fuss over me.
- I get frustrated or lose my temper when I can't find something.

Tracy Borland (3)

Feeding Your Baby

AT THIS AGE, MOST BABIES ENJOY FORK-MASHED FOODS IN ADDITION TO PUREED FOODS.

Tracy Borland (3)

Now that your baby is 8 months old and may have some teeth, you can fork-mash vegetables and fruits, in addition to straining or pureeing them. Mash a favorite vegetable thoroughly with a fork or you can use a potato masher for mashing foods like ripe bananas and cooked apples, winter squash, white or sweet potatoes, or carrots. Make sure the food contains no lumps, pieces of skin, strings, or seeds. The consistency will be a little thicker than pureed food.

Meats are good for your baby, too, but do not give her fried meats. Trim all fat from the meat and mash it thoroughly with a fork.

Cooked foods may be strained through a fine mesh sieve or strainer. A sieve is also useful for steam-cooking small amounts of food for your baby. Be sure that all food particles are removed when you wash the strainer.

BE CAREFUL . . .

- Do not add salt, sugar, or seasonings to baby foods. Foods that taste bland to an adult are a new taste experience to an infant. Some sodium is necessary for good health, but there is enough natural sodium in foods. Added salt will provide too much sodium for a small baby and can even be harmful.

- Do not feed honey to your baby during her first year. Honey may carry botulism spores that can harm her.
- Do not use "leftovers" to make baby foods. Leftover foods are likely to have higher levels of bacterial contamination than freshly prepared foods.
- Do not feed your baby raw eggs or raw milk. These raw foods may be sources of infections that can be dangerous for her.

- Do not feed your baby chunky foods such as corn, nuts, popcorn, and seeds, or coarse textured foods, such as cookies that crumble easily. Such foods are difficult for your baby to eat, and they may make her choke.
- Do not be afraid to serve foods cold. Most babies will accept cold food. If you want to warm your baby's food, do it just before serving.
- Remember, with a little patience, you can help your baby appreciate a wide variety of tastes and textures in new foods.

Games Babies Play

Little Piggy: A communication game

Tracy Borland

PURPOSE OF GAME

- Teaches your baby to learn about his body.
- Helps your baby to become interested in playing games with others.

HOW TO PLAY

- Your baby can be sitting and facing you, lying on his back, or sitting on your lap.
- Hold your baby's big toe between your thumb and index finger and say, "This little piggy went to market."
- Hold the second toe and say, "This little piggy stayed home."
- Hold the next toe and say, "This little piggy had roast beef."
- Hold the next toe and say, "This little piggy had none."
- Hold the little toe and say, "And this little piggy cried wee, wee, wee, all the way home."

REMEMBER

ALL BABIES ARE DIFFERENT AND GROW AT THEIR OWN PACE. SO DON'T WORRY IF YOUR BABY ISN'T DOING EXACTLY THE SAME THINGS AS OTHER BABIES AT THE SAME AGE.

BEST COPY AVAILABLE

WATCH OUT!

KEEP YOUR BABY SAFE. BABYPROOF YOUR HOUSE!

To get an idea of what the world looks like to your baby, get down on the floor and look around! Don't things look big and exciting? Wouldn't you be tempted to explore? No wonder your baby tries to satisfy her curiosity and touches everything! Now that she is getting better at moving around, it's a good time to babyproof your home.

- Make sure there are no sharp edges on furniture or loose cords dangling from lamps.
- Keep pot handles turned so they don't hang over the stove front or sides.
- Insert plastic safety caps in all unused electric outlets.
- Keep drawers and cabinet doors shut.
- Unplug appliances when not in use.
- Remove all plastic bags, especially ones from dry cleaning stores. Throw them away or put them out of your baby's reach.
- Don't leave uninflated or burst toy balloons around. Your baby will try to swallow them.
- Check the house for small objects like buttons, coins, needles, rubber bands, bottle tops, and razor blades. Put them in a safe place.
- Place safety gates at the top or bottom of stairs.
- Open only those windows that are out of your baby's reach. If you must open low windows, open them only a little to make sure your baby can't fall out.
- Lock all medicines in a medicine cabinet out of reach.
- Remove all cleaning aids (detergents, ammonia, etc.) from under the sink and move to a high shelf or locked cabinet.
- Keep cosmetic and beauty items out of your baby's reach.
- Ensure that drapery or venetian blind cords are kept out of your baby's reach.

In case of emergency, you and your family should know the phone numbers of the nearest hospital, and the fire and police departments. Make a list of phone numbers and keep it in a handy place.

Safety information on babyproofing your home is available from the U.S. Consumer Product Safety Commission, Washington, D.C. 20207. You can also call their toll free Hotline for Consumer Product Safety Information: 1-800-638-2772. (In certain counties, you may not need to dial the 1 before the 800. Check your local operator.)

QUESTIONS

Tracy Borland

"My baby has suddenly become scared and shy of strangers. She sometimes cries even when my mother comes to visit. Why does she act this way, and what can I do to help her overcome this fear?"

First of all, don't worry. A fear of strangers at this age is normal. Babies are beginning to develop a sense of self and others, an important step in growing up. They are afraid because they know the difference between close family members and strangers. So they often become upset when someone they don't know hovers around them.

Some babies howl or whimper with genuine fear. Others cling to their mothers and refuse to let go. Some babies, just like adults, develop an instant dislike for a person.

However she reacts, comfort your baby if she is fearful of strangers. Hold her close to let her know that you love her and she is safe. If you are embarrassed, explain to friends or relatives not to take it personally—that your baby needs time to get used to people. Ask them not to rush up to her or try to pick her up. As your baby gets older she will feel more secure and more comfortable with other people.

SETTING FAMILY RULES

Parents used to think that the only way children developed into responsible adults was through strict discipline, and the rule "Children should be seen but not heard." Today, many parents try to set family rules that are not so strict.

Even though your baby is only 8 months old, it's not too early to start setting your family rules. For example, when you say "Don't touch the stove—it's hot," you are teaching a basic rule of safety.

Now is a good time to decide:

- What your family rules will be
- Who will make the rules.
- How your baby will learn them.

To teach your baby what is allowed in your family, be honest about your feelings and say what you mean. For example, if he does something you don't like, tell him not to do it any more and explain why. You will get your message across by being firm in your voice, in your manner, and in your actions.

As your baby develops, he will learn what the limits are in your home, and it will be easier on all of you!

COMING NEXT

- Discipline—What Is It?
- A Special Time for Baby and You

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

9 MONTHS OLD

Tracy Borland (2)

Dear Parents, When you feel good, your baby does, too!

You have plenty of reasons for feeling good about yourself. You have done a great job of raising this little 9-month-old baby. And of course, if you feel good about yourself, your baby will feel good about herself, too.

When you feel good about the kind of person you are, you can tackle almost anything. That's why it's important to cheer your baby on when she tries new things. Everytime there is a "first" in her life—crawling, walking, talking, hitting a ball, etc.—praise her, and give her the self-confidence she needs. These are all big accomplishments for her.

P.S. GOOD TOYS

REMEMBER

ALL BABIES ARE DIFFERENT AND GROW AT THEIR OWN PACE. SO DON'T WORRY IF YOUR BABY ISN'T DOING EXACTLY THE SAME THINGS AS OTHER BABIES AT THE SAME AGE.

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WHAT'S IT LIKE TO BE

Tracy Borland

How I Grow

- I crawl and turn around, holding onto something with one hand.
- I crawl up stairs, too.
- I sit by myself and turn my body all the way around without losing balance.
- I may be able to stand up and sit down without pulling on furniture.
- I stand for a little while when my hand is held.
- I side-step along furniture.
- I try to build towers with blocks or toys.
- I poke my fingers into holes, or into anything that looks interesting.
- I pick up small things with my first finger and thumb, and larger things with both hands.

Tracy Borland

Arlene Reiff

9 MONTHS OLD?

Tracy Borland

How I Talk

- I understand some words, my name, and simple sentences.
- I repeat one or several sounds over and over.
- I like to cough, click my tongue, and make hissing noises.
- I listen to people talking and try to imitate the sounds.

How I Respond

- I like to watch people scribbling on paper.
- I like to perform for people and love it when they applaud.
- I want praise for all my accomplishments.

How I Understand

- I try to figure things out by myself.
- I know that if I partly cover my eyes or look upside down, everything will look different!
- I know which toys are mine and get upset when they are taken away.
- I can remember a game, a person, or a toy from the day before.
- I can tell what kind of mood people are in by looking at them.

Tracy Borland

How I Feel

- I'm very sensitive. If I see another baby crying, I will cry too.
- I am afraid of a lot of things that didn't bother me before, like taking a bath.
- I am afraid of heights.
- I am very determined and sometimes stubborn—that's all part of my growing up!

Feeding Your Baby

Tracy Borland

Tracy Borland

YOUR BABY IS LEARNING HOW TO FEED HIMSELF!

Does your baby hold most foods while eating? Or drink from a cup (with a little help)? Or hold and lick the spoon after it is dipped into food? These are the first steps in learning how to eat by himself. You can help him practice by giving him some of the following finger foods:

- Pieces of soft, mild cheese
- Bits of soft toast
- Graham crackers
- Cooked vegetable strips or slices
- Small, tender pieces of meat
- Peeled, soft fruit wedges or slices

Praise your baby while he is feeding himself, even if he is very messy. If the mess really bothers you, spread some newspapers under your baby's chair to catch any food that he drops.

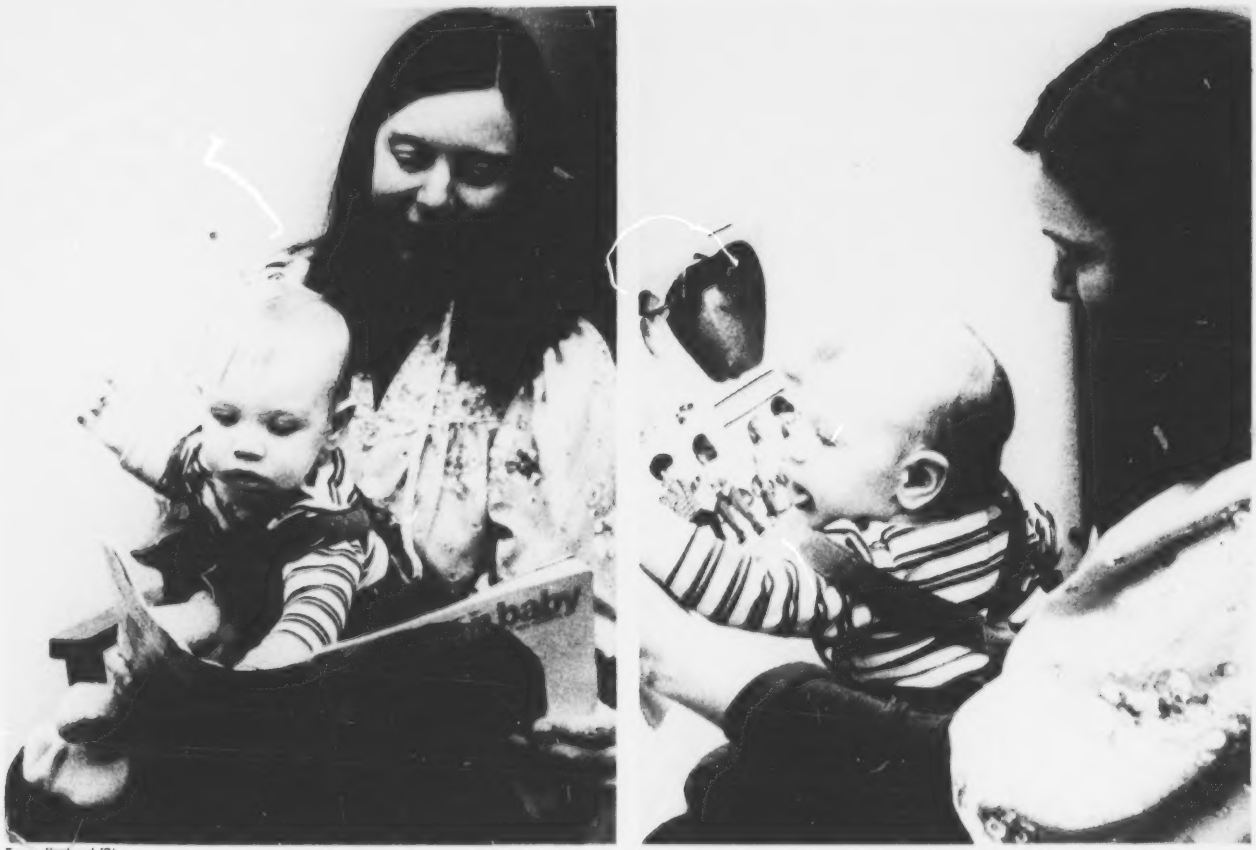
No Seasonings

Although you may find unseasoned foods bland or tasteless, your baby does not. By now your little one can eat most of the things you cook for the rest of the family. Just take out your baby's food before you add salt or other seasonings for the rest of the family.

DON'T GIVE YOUR BABY NUTS, SEEDS, OR RAW VEGETABLES UNLESS THEY ARE MASHED OR SHREDDED. AVOID ALL SMALL, HARD FOODS (SUCH AS POPCORN) THAT CAN CHOKE HIM.

REMEMBER THAT MEALTIME SHOULD BE A PLEASANT TIME FOR YOU AS WELL AS FOR YOUR BABY.

Games Babies Play



Tracy Borland (2)

The Name Game: A communication game

PURPOSE OF GAME

- Helps your baby learn that everything has a name.
- Encourages your baby to imitate the sounds you make when you're naming objects.

HOW TO PLAY

- Let your baby sit in your lap while you hold a magazine.
- Point out and name at least ten objects pictured in the magazine.
- Point to the object, name it, and say, "See the car. Look at the dog."
- While you are pointing, you can sometimes ask your baby, "What is that?" Wait a few seconds and then say something like "That's a car!"

Note: Your baby will not understand all the words you use. However, he will hear the different tones of your voice. They will help him become aware of language.

DISCIPLINE DOESN'T MEAN PUNISHMENT IT MEANS TEACHING AND GUIDING

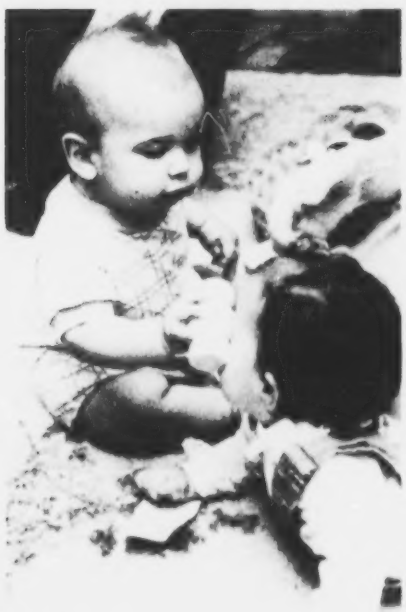
For babies under a year old, discipline is pretty simple. It means teaching limits through loving care and guidance. The key to this teaching is REWARD.

You reward your baby when he does something you approve of, and you distract him when he does something you don't like. For example, when your baby makes sounds and tries to talk, you reward him with a smile. When he does something annoying or touches something you don't want him to have, you distract him by offering another toy, or you direct his attention to something else.

SLAPPING YOUR BABY WILL NOT TEACH HIM TO BE GOOD.

He won't even know why he is being hit. Instead, he will learn that:

- He should be afraid of you.
- It's O.K. to hit others.
- When he grows up, it is O.K. to hit his own children.



Tracy Borland (3)

Sometimes your baby will not be happy with the decisions you make and will make a fuss. You even may be tempted to give in to his demands. But keep in mind that setting limits is necessary for your child's safety and welfare.

It is possible to set limits while allowing your child the freedom to explore and grow. Stick to those limits and be firm in your guidance.

EVEN WHEN YOU ARE SETTING LIMITS, YOUR BABY KNOWS THAT YOU CARE FOR HIM.

A SPECIAL TIME FOR YOUR BABY AND YOU

Tracy Borland

It's so easy to get caught up in day-to-day routines and pressures that you may overlook the need for a special time for you and your baby.

Think about setting aside a special time each day—a time when you can give your baby your undivided attention WITH NO INTERRUPTIONS.

The length of time is up to you, depending on how busy your schedule is. Even a small pocket of time—perhaps 15 minutes a day—can mean a lot for both of you. It can mean a time to enjoy and appreciate each other.

How can you spend this special time? Sing, read, play or listen to music. Relax together. Cuddle. Enjoy just being together.

To help your baby understand how much time you'll have together, point to the clock to show when this special time will start and end. As your baby gets older, she will eagerly look forward to this pocket of time for "just the two of us."

COMING NEXT

- Open Letter from Baby
- Temper Tantrums

QUESTIONS

Tracy Borland

"My mother is always telling me how to take care of my baby. I know she means well, but I get really upset that she questions everything I do. How can I talk to her about this without hurting her feelings?"

Relatives, especially grandparents, can be very special people in your baby's life. This is especially true if you are a single parent, a teenage parent, or if you live at home. Grandparents can provide warmth, security, and loving care for your baby. But sometimes, they think they know "what's best" for your baby and they try to tell you what to do every step of the way.

If this happens often, then it's a good idea to talk openly about your feelings. Discuss your feelings about child rearing. Listen to their ideas, and gently remind them that YOU are your baby's parent and are directly responsible for your child. Let them know that they play an important role in the growth of your child, so that they won't feel that you are casting them out. Come to an understanding of what the grandparent relationship means for your baby, as well as for you. Let them know how YOU want to raise your child, *with their help.*

If you have any questions or comments, please contact your local Home Advisor, listed in the phone book under University of California, Cooperative Extension.

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

10 MONTHS OLD

Tracy Borland

Dear Parents, When in doubt, use your own judgment!

Nowadays, you may feel bombarded with advice from many sources. Since the "experts" are sometimes not in agreement, you may be confused when one person tells you one thing and someone else tells you another.

If you have been overloaded with advice, then stop for a minute and back up. Summon your own resources. Do what you think is best, and rely on your own judgment.

You have done an outstanding job as a parent so far.

Rely on yourself and keep up the good work.

PS 018220

QUESTIONS

Tracy Borland

"My daughter crawls around and pulls everything out of cupboards and drawers. On the one hand, I feel I should let her explore, but on the other hand, I'm worried that this will become a bad habit if I don't do anything about it. What do you suggest?"

Don't worry about your baby getting into bad habits yet. BABIES AT THIS AGE CREATE CLUTTER. A healthy, 10-month-old baby is only doing what comes naturally at this age—exploring. She pulls things out of drawers, turns furniture over, drags toys all over the house, and examines anything she can touch. She is not doing it just to spite you or any other member of your family.

Very soon, your daughter will be walking and running and won't have the time to sit still and clutter up the entire home. She is just going through a normal stage in her development and will outgrow it soon.

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WHAT'S IT LIKE TO BE

Gayle Nelson

How I Grow

- I crawl up stairs, but I haven't learned how to get back down yet.
- I walk if you hold my hands.
- I side-step, holding onto furniture, to get around a room.
- I sit down from a standing position.
- I climb up onto chairs, and then climb down again.
- I am beginning to show whether I'm right-handed or left-handed.
- I carry things in one hand without dropping them.
- I point to the right parts of my body when you ask me where they are.
- I feed myself, and I help hold my cup.
- I may have trouble sleeping at night, because I'm restless.

Tracy Borland (5)

10 MONTHS OLD?

How I Talk

- I understand simple sentences.
- I can say "no" and shake my head from side to side.
- I know a few words besides ma-ma and da-da.
- I am interested in conversations when I hear familiar words.
- I may drive you crazy because I like to repeat the same words all day long.

How I Respond

- I react to your approval and disapproval.
- I cry if another child gets more attention than me.
- I still don't like being away from you.
- I like to imitate people, gestures, and sounds.

How I Understand

- I know which toys belong to me, and I have some favorites.
- I will look for something, if I see you hide it.
- I know that if I don't see a toy, that doesn't mean it's gone forever.
- I am beginning to know that I am a boy or a girl.
- I AM BEGINNING TO THINK OF MYSELF AS A PERSON.

How I Feel

- I have many feelings now—sad, happy, mad, scared, hurt.
- I am very moody and get easily upset.
- I may still feel shy around people.
- I am very sensitive to other children's moods.

AN OPEN LETTER FROM YOUR BABY

HI MOM OR DAD,

I know it isn't easy being a parent and I do demand a lot from you. But don't forget, it isn't easy being a baby, either!

Now that I'm growing older, I'm going through a lot of new experiences. You can help me by trying to understand what upsets me.

Don't worry when I get scared. Fear sometimes is the price I have to pay for learning about myself and the world I live in.

I get tense when I have to face new situations, like strangers, animals, the dark, or being separated from you. And I cry because I can't talk yet and tell you what's frightening me.

Here are some fears that I have and some ways you can help me to live with them!

Fear of Falling

When I crawl around, I may get going too fast and fall on my face. I start to cry and look at you. Please comfort me and tell me everything is okay. A gentle pat on my back and a smile will also make me feel better.

Fear of the Dark

Sometimes I wake up at night in a dark room and no one is around. I start thinking that I'm all alone and I don't like that feeling. Come in and talk to me for a few minutes. Or leave a small light on so that I can see that there's nothing to be afraid of.

Fear of Separation

When you leave, I start to howl. That's because I think that you, the most important person in my life, are leaving me for good. A few brief words of love while telling me that you will return will help. After a while, I will learn that you always come back for me.

Fear of Objects

Don't be surprised if an appliance, like a vacuum cleaner or a carpet sweeper that never bothered me before, suddenly makes me cry. Now that I am becoming more aware, I won't feel so scared if you hold me while you show me how the machine works.

Fear of Animals

Please keep dogs and cats away from me until I get more used to animals. When you look at a dog or a cat, you see a dog or a cat. But when I look, I see a giant beast. If you cuddle me and hold me close, I will feel safe.

P.S.—Please don't try to make changes in my life too quickly. Give me a lot of time to get used to new situations, people, or animals. Everything that I see, taste, smell, hear, or feel is a new experience for me, and I need time to understand them.

P.P.S.—Please be patient and gentle with me. Give me a lot of love and affection, and I will grow up knowing that the world is not such a frightening place to live in.

Feeding Your Baby

WHILE YOU ARE FEEDING YOUR BABY, YOUR BABY MAY BE FEEDING THE FLOOR!

Tracy Borland

Most babies don't learn how to use a spoon well until after their first birthday. The food that they try to pick up with a spoon sometimes lands on the floor. But they are learning, and they need practice to become skillful with a spoon. Here are some foods that will stick to the spoon when scooped up. Your baby can enjoy them while practicing his spoon skills:

- Yogurt
- Applesauce
- Mashed potatoes
- Cooked cereal (oatmeal, cream of rice, or wheat)
- Cottage cheese
- Macaroni and cheese
- Mashed cooked beans

Remember to make mealtimes happy, not frustrating. Hungry babies want to eat. It's up to parents and other caretakers to help babies develop a good attitude about food. How? With lots of praise, a little patience, and encouragement, your baby can learn a wide variety of tastes and textures in new foods. Good food habits start in infancy.

Games Babies Play

Which-Hand-Is-It-In?

A things-don't-disappear game

PURPOSE OF GAME

- Teaches your baby that things don't disappear just because they are not in sight.
- Teaches your baby to get information from words.

HOW TO PLAY

- Hold a small object in one of your hands and show your baby the object.
- Switch the object back and forth between your hands several times.
- Show both hands closed and say, "Which hand is it in?"
    - When your baby reaches for one of your hands, say either, "No, it's not in this hand." (quickly open your hand) "This hand is empty. Where is it?" or "Yes, it's in this hand." Then quickly open your hand.

Other things-don't-disappear games

- Hide a toy under towels.
- Hide a ball under one of several cups.

TEMPER TANTRUMS . .

HOW TO DEAL WITH THEM

Leslie Medina

Let's say that your baby starts to crawl up some stairs. He gets halfway up, turns around, and tries to come back down. It looks a long way down. He doesn't know how to do it. He starts to howl and have a temper tantrum. Or your baby wants to have a cookie, or play with your watch. He doesn't get what he wants and lies on the floor, kicking and screaming. Should you punish him and scream back? Tantrums are hard to deal with, but punishment and yelling are not the answers. Here are some guidelines:

If your baby is frustrated because he can't crawl back down the stairs, help him get down. Show him how to crawl backwards.

If he is frustrated because you have set certain limits such as no cookies, then let him cry out his tantrum. When he realizes that you are not paying attention, he will eventually quieten down. You have to set certain limits and you should stick by them. Be kind, loving, and firm with your baby, but don't give in to his demands just to keep him quiet.

QUESTIONS

"My baby likes to take off all her clothes wherever and whenever she can. How can I stop her from doing this?"

Some year-old babies enjoy undressing themselves for the sheer pleasure of practicing a new skill. They also like the freedom of taking off shoes and socks and then working their way up until they are quite bare. Some babies like to take off their night clothes, too, and throw them out of the crib or bed. Of course, if they have a bowel movement during the night, the bed will be quite a mess!

To discourage your baby from playing this new game when you really don't think it's appropriate, you might try putting her clothes on backwards, especially at night. A zipper on a sleeping bag or fasteners that are situated at the back make it harder for little hands to undo.

COMING NEXT

- Welcome to the "No-No's!"
- Prime Time for Yourself

WATCH OUT!

KITCHENS AND BATHROOMS MAY BE DANGEROUS PLACES FOR YOUR BABY

About 80 percent of all accidental poisonings involving children occur among infants 10 to 30 months of age. The poisons that are swallowed are usually household items such as detergents, cosmetics, furniture polish, vitamin pills, and medicines like aspirin.

Now is a good time to re-check your kitchen and your bathroom. Clear out all those bottles underneath the kitchen sink. Transfer them to either a locked cabinet or a high cabinet that cannot be reached, even on a chair, by your baby. Do the same thing in your bathroom.

Don't leave any medicines around—not even vitamin pills. An infant who chews or swallows 6 to 12 vitamin pills with iron will require emergency hospital treatment!

If your baby does swallow something, try to find out what it was. Then immediately call your doctor, the nearest hospital emergency room, or the local Poison Control Center for advice. Make sure you take the container of whatever he swallowed with you, if you have to take him for treatment.

Poison proofing your kitchen and bathroom may be a little difficult—BUT SAVING YOUR CHILD'S LIFE IS WORTH THE INCONVENIENCE.

Tracy Borland

If you have any questions or comments, please contact me:

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

11 MONTHS OLD

Tracy Borland

Leslie Medine

Dear Parents,
Your baby learns about love from you!

Your baby learns about most things from you, especially about love. Babies, just like grown-up people, need love and attention.

Rewarding your baby with a smile, a hug, or a kiss is better than rewarding with a new toy. Your baby will know that she is loved, and that is very important for her growth. With that kind of support, she will feel that she can tackle anything.

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WHAT'S IT LIKE TO BE

Tracy Borland

How I Grow

- I STAND BY MYSELF!
- I hold a toy in one hand while pulling myself up on my feet with the other hand.
- I may even wave while standing, and turn my body around without falling down.
- I walk if you hold one or both of my hands.
- I easily squat down, stoop, bend over, and then get up.
- I hold a pencil or crayon and love to make marks.
- I take a spoon and put it in my mouth.

How I Talk

- I know that words are used to identify things.
- I use one word to express a complete thought.
- I babble and mumble gibberish quite a lot, but I do know a few words.

Tracy Borland

How I Respond

- I copy everything I see, and then do it my own way.
- I try to get your approval, and hide when I know you are not pleased.
- I may test you to see how much I can get away with.

11 MONTHS OLD?

Leslie Medine

How I Understand

- I see the expression on your face and copy it. I'm learning from you!
- I try to bark or meow when I see a dog or a cat. I am learning how people, animals, and things function.
- I like to look at pictures in books and magazines.
- I know that tools will help me, like pushing a chair in front of me to steady my walking.

How I Feel

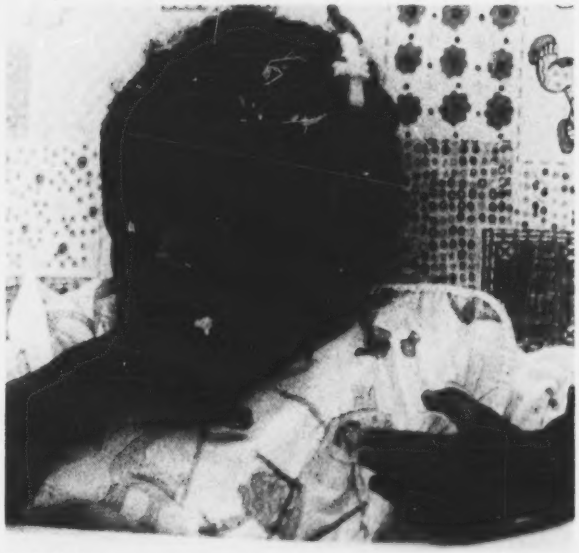
- I need you more these days and cling to you, especially in new situations.
- I love to shake my head and say "no" even when I mean "yes."
- I may cry, scream, and have tantrums if I don't get my way.
- I feel guilty when I do something wrong.

Leslie Medine

TOILET TRAINING—WHEN?

Some parents may be tempted to start toilet training too soon. but training probably will be easier on everyone if you wait until daily bowel movements are regular, and your child can tell you her needs in words.

Feeding Your Baby



Leslie Medine

DON'T THINK YOUR BABY HAS TO BE FAT TO BE HEALTHY.

If you have a very active baby, you may notice a slowing down of weight gain. That's because your baby is using more calories for his constant activity. The fact that your baby may not be gaining as much weight as before doesn't mean that he is not healthy. A fat baby is not necessarily a healthy baby. At this age, babies should be developing muscle tissue, not fat.

DON'T WORRY

Worrying about what your baby eats or does not eat will only make both of you nervous. Don't expect your baby to clean his plate or to eat just one more mouthful. Trust him to be the best judge of how much to eat.

As your baby moves around to explore his world, he will discover a new independence. He may be eager to try out this new independence by insisting on feeding himself. Or he may be a little scared by his new abilities and may cling to you at mealtimes. He may even refuse to hold his cup or spoon, and demand to be fed.

Whether you baby is a clinger or a self-feeder, try to be calm and patient. It will pay off in fewer feeding problems both now and later on.

WELCOME TO

Most parents of 11-month olds go through the **"No-No's"** at this age. Sometimes it will seem like you're always telling your baby what *not* to do. No wonder—the 11-month-old loves her independence as she moves around and touches more things than ever before! And so discipline becomes part of the daily routine.

What is discipline? It is something that you do for and with your child, and not to her. It is setting up a reasonable balance of limits to teach your child what is acceptable and what isn't. Discipline is also letting her know that though you may disapprove of what she did, you still love her.

Here is a way to handle discipline problems:

- Anticipate what children will do.
- Divert them to something else.
- Substitute or remove the object.
- Be firm in saying **NO**.

Tracy Borland

THE "NO-NO'S"

Tracy Borland

Your baby may continue to do something that is a **"No-No"** just to get attention: it becomes a game. She crawls to a forbidden object and turns around to look at you. You say "**NO**," but she reaches out to touch anyway. You get angry and say "**NO**," again. She reaches again for object, waiting for your "**NO**," and so the game goes on.

SOLUTION: You can take the object away, replace it with something your baby *can* have or take her away from the forbidden area and give her some attention. A little tenderness goes a long way!

Babies at this age also like to shake their heads while saying "**NO**." They delight in swinging their heads from side to side and love the head movement. They may even say "**NO**" to things they enjoy, like taking a bath, eating dinner, or getting dressed to go out. Don't be alarmed at this negativism. It's all a part of growing up and becoming more independent.

Games Babies Play

Leslie Medine

Play Ball: An eyes-and-body game

PURPOSE OF GAME

- Teaches your baby to crawl to get things and to find out about them.

HOW TO PLAY

- Take a ball that your baby likes and roll it toward, away from, and then to the left and right of your baby.
- Say, "Look at the ball. Go get the ball."
- Your baby will try to get the ball by crawling after it.

Another eyes-and-body game

- Move things away from and back to your baby while he watches. This helps your baby see that distance may affect how things look, but it doesn't change their size.

BEST COPY AVAILABLE

Make the Most of Your Time

Tracy Borland

TIME is a valuable resource. You can control the use of time or let time control you. It all depends on how you make use of your time.

Here are some ways to make the most of your time:

- Decide what your goals are and what you need to do to reach these goals. For example, you may want to go back to work or back to school. List all the steps it would take to achieve your goals. Then try to follow the steps to make the goal a reality.
- Write a list of things that need to be done. Make a new list every day. Rate the three most important items A-B-C or 1-2-3. Do these three things first. Cross out tasks as they are completed.
- Expect the unexpected. Be prepared to revise your list as needed.
- Try to reduce the time and energy you spend feeling guilty or frustrated about things you can't complete or jobs you can't do.
- Avoid clutter. Make a simple daily housekeeping schedule with basic, important tasks on it. Routines reduce thinking time.
- Plan ahead to save time. Leave 10 minutes earlier for an appointment—being early cuts down on stress.
- BE GOOD TO YOURSELF. Set reasonable goals, deadlines, and schedules that you can achieve within your time plan.

Tracy Borland (2)

QUESTIONS

"My 3-year-old niece lives with us. She sometimes hits the baby and seems to hate her at times. What should I do?"

Now that your 11-month-old baby is crawling and moving around, the older child may regard her as a threat. She gets into her things, takes you away, and sometimes is a pest and an intruder to her.

Remember that your niece was the king-pin around the house until her cousin was born. She now needs to be reassured and often told that she is still loved and cared for. You should also make it clear to her that certain behaviors—like hitting her cousin—are not acceptable. When she does hit her, you have to either physically stop her, move her out of the situation, or hold her while you explain why she can't hit.

It might help if you spend some time alone with the older child, free from distractions and free from your baby. You can give her your complete attention and do whatever she would like to do. You can plan the time around your baby's naptime or in the evening. Stimulating your niece's interest in other things, such as play activity or friends, will also help occupy her time.

COMING NEXT

- What Little Boys and Little Girls Are Made Of
- Looking Back—Looking Forward

If you have any questions or comments, please contact your local Home Advisor, listed in the phone book under University of California, Cooperative Extension.

COOPERATIVE EXTENSION **UNIVERSITY OF CALIFORNIA**

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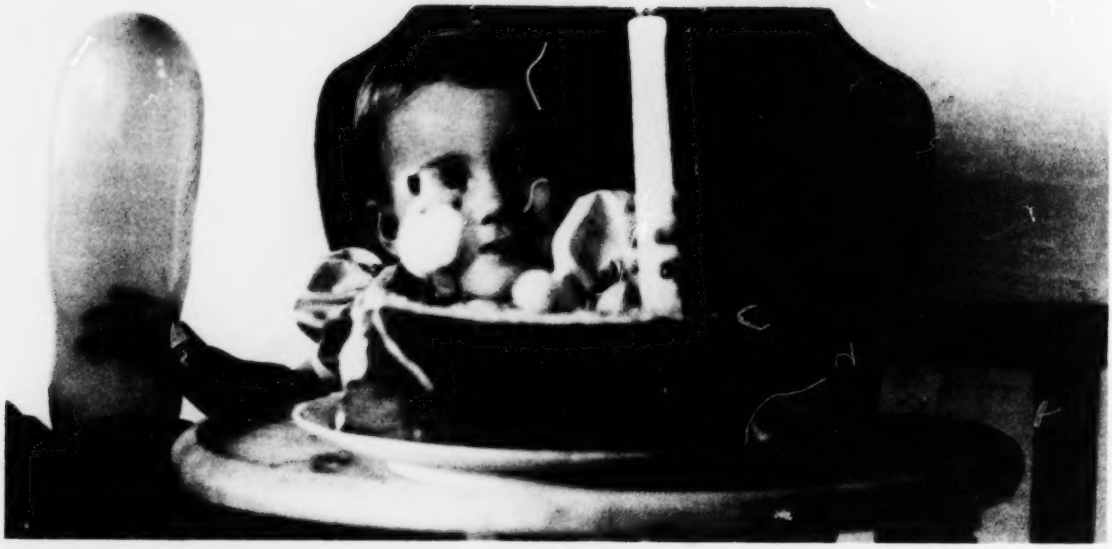
COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

1 YEAR OLD



Alfred Smith

Dear Parents,
Your baby is now 1 year old!

Congratulations!
You made it through 1 whole year!

Both you and your baby have come a long way. You've helped your baby grow into someone who can sit, stand, climb, and reach for things; who can think, feel, understand you, and maybe even say a few words.

You can look back with pride on the past year and give yourself a well deserved pat on the back. At times it was hard, but you managed well. From now on, your baby will be growing and learning at an amazing rate. You can look forward to the coming years, confident that you will help him develop into a responsible human being.

I AM ME,
IN ALL THE WORLD,
THERE IS NO ONE ELSE LIKE ME . .
I HAVE THE TOOLS TO SURVIVE,
TO BE CLOSE TO OTHERS,
TO BE PRODUCTIVE,
AND TO MAKE SENSE AND ORDER
OUT OF THE WORLD OF PEOPLE
AND THINGS OUTSIDE OF ME.

Excerpted from "Self Esteem" by Virginia Satir, Celestial Arts, Millbrae, California, 1970.

PS 016220

WHAT'S IT LIKE TO BE

How I Grow

- I may walk, but still prefer to crawl—it's faster!
- I may also try to do other things while I'm walking, like wave to you, or pick up my favorite blanket.
- I stand by pushing up from a squatting position.
- I climb up and down stairs, if I have the chance.
- I may even be able to climb out of a playpen or crib.
- I use my hands to remove lids from jars.
- I hold things with one hand while I'm doing something else with the other hand.
- I use my index finger to point to things.
- I try to dress or undress myself, but I'm not very good at it yet.
- I insist on feeding myself.

How I Talk

- I repeat words I know—it's good practice.
- I babble away in phrases that sound like short sentences.
- I make up my own words to describe objects or people.

How I Respond

- I trust people I know well.
- I imitate people, even if they are not around.
- I am still afraid of strangers and unfamiliar places.
- I am very definite about my likes and dislikes.

1 YEAR OLD?

How I Understand

- I remember more because my memory is getting sharper.
- I hunt for a toy, and even if I don't find it right away, I can remember where I saw it last.
- I keep trying to do something and may even solve the problem through trial and error.
- I follow simple directions and understand most things you say to me.
- I have favorites among people and toys.

How I Feel

- I feel great that I have a personality all my own.
- I'm developing a sense of humor and think a lot of things are funny.
- I still don't like being separated from you, and am relieved when you return.
- I feel secure and happy eating meals with my family.
- I feel—and show—love and affection to my favorite people and things.

Tracy Borland (5)

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LOOKING BACK

Looking back, you have many memories of all the things you have shared with your baby. Do you remember the times when you stayed up all night? How about the times that you thought the crying would never stop, or the times that your baby smiled and laughed and you felt good sharing his joy?

Do you remember when your baby—

- Made his first sound besides crying?
- Held his first toy?
- Used a spoon the first time?
- Took his first steps?

You could go on and on reliving the memories, some of them happy and some of them not so pleasant.

But now you and your baby are ready to move on to the second year. There are many more "firsts" to look forward to: the first walking steps taken alone, the first words read out of a book, the first day at school, and so many others.

It is often easy to forget the things that work well in the process of raising a child. Here are a few thoughts to keep in mind:

- You are your baby's first teacher. Teach the things that you think are important in life.
- Follow your common sense when you have a problem. Do what you feel is best for you and your baby.
- Try to take some time out for yourself—your needs are important, too.

Your role as a parent has not ended. For your baby, life has barely started. He is just beginning to learn about the world around him, and there will be many new adventures to share through the years.

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COOPERATIVE EXTENSION — UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

DEAR PARENT EXPRESS READER,

Congratulations, your baby is now a year old! Now that you've received the last issues of our month-to-month newsletter, I would like to ask a favor of you. I need your help in finding out how well PARENT EXPRESS is meeting the needs of parents.

I would appreciate your taking 5 to 10 minutes to answer the questions in this survey. Your answers will be confidential.

When you're finished, just fold and staple, or tape the form so that my address shows on the outside. No stamp is needed. Please mail the survey back to me within 10 days.

Please know that your effort is important and appreciated.

Sincerely,

Dorothea Cudaback

Dorothea J. Cudaback, DSW
Human Relations Specialist

(10-15) _____

1. Today's date _____

(16) [1-6]

2. How old was your baby when you first received this series? (Check one)

___ Less than 1 week old
___ 1 week to 3 months
___ 4 to 8 months
___ 9 to 12 months
___ I was still pregnant
___ Other (please explain) _____

(17) [1-4]

3. Approximately how many issues have you received of this newsletter? (Check one)

___ 1 to 5 issues
___ 6 to 9 issues
___ 10 to 12 issues
___ More than 12

(18) [1-6]

4. How did you receive this newsletter? (Check one)

___ In the mail, once each month
___ In the mail, 2 to 4 issues at a time
___ In the mail, all in one batch
___ Given to me by a teacher
___ Given to me at a hospital, clinic, or doctor's office.
___ Picked up from a display (please say where) _____

(19) [1-4]

5. How much of the newsletter do you usually read? (Check one)

___ All articles in all issues
___ Most articles in most issues
___ Skim and read one or two articles per issue
___ None of it

Note: If you have not read any issues of this newsletter, please skip to question 17 on page 3.

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(20) [1-3]

6. What do you usually do with the newsletters after you have read them? (check one)

___ Give them to someone
___ Keep and file them
___ Throw them away

(21) [1-5]

7. If you keep the newsletter, how often do you refer to back issues? (Check one)

___ Often
___ Occasionally
___ Seldom
___ Never
___ Don't keep newsletters

(22) [1-2]

8. Does anyone else read your copies of the newsletters?

___ No
___ Yes

(23-25) [1]

If yes, who? (Check as many as apply)

___ Spouse or partner
___ Baby's grandparent
___ Other relative or friend

(26-34) [1-4]

9. The following are some topics covered by the newsletter. For each topic check one box showing how helpful you found each topic to be.

	Not Helpful	Somewhat Helpful	Very Helpful	This Topic Is Not a Concern To Me
	1	2	3	4
a. Baby's physical growth	[ ]	[ ]	[ ]	[ ]
b. Baby's emotional growth	[ ]	[ ]	[ ]	[ ]
c. Baby's intellectual development	[ ]	[ ]	[ ]	[ ]
d. Nutrition and feeding	[ ]	[ ]	[ ]	[ ]
e. Baby's health and safety	[ ]	[ ]	[ ]	[ ]
f. Games to play with baby	[ ]	[ ]	[ ]	[ ]
g. Fathering	[ ]	[ ]	[ ]	[ ]
h. Taking care of my own needs as a parent	[ ]	[ ]	[ ]	[ ]
i. Resources for more information and help on parenting	[ ]	[ ]	[ ]	[ ]

(35-40) [1-2]

10. Indicate ways, if any, that you believe the newsletters influenced your behavior with your baby:

a. Reading the newsletters caused me to talk to my baby more.
___ No
___ Yes

b. Reading the newsletters caused me to smile, kiss and hug my baby more.
___ No
___ Yes

c. Reading the newsletters caused me to play games with my baby more.
___ No
___ Yes

d. Reading the newsletters caused me to respond more quickly when my baby cried.
___ No
___ Yes

e. Reading the newsletters caused me to provide more things for my baby to feel, look at, listen to, smell and taste.
___ No
___ Yes

f. Reading the newsletters caused me to be more careful about introducing solid foods to my baby.
___ No
___ Yes

(41) [1-4]

11. Did the newsletters help you to feel more self-confident as a parent? (Check one)

___ No, did not help me to feel more self-confident

___ Yes, helped me feel a little more self-confident

___ Yes, helped me feel moderately more self-confident

___ Yes, helped me feel much more self-confident

(42) [1-3]

12. Did the newsletters affect how much you worried about your baby? (Check one)

___ No, did not affect how much I worried
___ Yes, caused me to worry less
___ Yes, caused me to worry more

(43) [1-4]

13. Did the newsletters help you improve your relationship with your baby's other parent? (If you have little or no contact with baby's other parent, check not applicable)

___ No, did not really affect the relationship

___ Yes, helped the relationship a little

___ Yes, helped the relationship a lot

___ Not applicable

(44) [1-2]

14. Did reading the newsletters affect your actions or feelings as a parent in any other way?

___ No
___ Yes

(45) [1-9]

If yes, how? _____
_____
_____

(46) [1-3]

15. Overall, how would you rate the newsletter's usefulness to you as a parent? (Check one)

___ Not useful
___ Moderately useful
___ Very useful

(47) [1-4]

16. Overall, how would you rate the writing style of the newsletters? (Check one)

___ Too hard to understand
___ Too basic
___ Just right
___ Other (please explain) _____
_____

Information about You

To help me understand newsletter readers, I would like some information about you. (Check one answer for each question)

ALL INFORMATION IS CONFIDENTIAL

(48) [1-3]

17. What is your relationship to the baby?

___ Mother
___ Father
___ Other caregiver (please explain) ____
_____

(49) [1-8]

18. How old is your baby now?

___ 2 months or younger
___ 3 to 4 months
___ 5 to 6 months
___ 7 to 8 months
___ 9 to 10 months
___ 11 to 12 months
___ 13 to 14 months
___ Over 14 months

(50) [1-2]

19. Is this your first child?

___ No
___ Yes

(51) [1-7]

20. What is your age?

___ Under 16
___ 16 through 19
___ 20 through 24
___ 25 through 29
___ 30 through 34
___ 35 through 39
___ 40 or older

(52) [1-4]

21. What is your current marital status?

___ Single (never married)
___ Divorced or separated
___ Married
___ Widowed

(53) [1-8] 22. What is the highest level of education you have attained?

___ 8th grade or less
___ Some high school
___ High school graduation
___ Vocational/technical training after high school graduation
___ Some college
___ 4-year college degree
___ Some college postgraduate work
___ Postgraduate degree

(54) [1-2] 23. Where do you live?

___ Urbanized area (in a city of 50,000 or more, or a community within 20 miles of a city this size)
___ Rural area (not an urbanized area as defined above)

(55) [1-6] 24. What is the total annual income of your household before taxes?

___ Under $5,000
___ $5,000 to $9,999
___ $10,000 to $14,999
___ $15,000 to $19,999
___ $20,000 to $29,999
___ $30,000 or more

(56) [1-3] 25. Are you employed for pay outside the home?

___ Not employed
___ Employed 1 to 20 hours a week
___ Employed 21 or more hours a week

26. What is your ethnic/racial identity? (57) [1-5]

___ Black
___ Asian
___ American Indian
___ Hispanic
___ White (non-Hispanic)

27. Before receiving this newsletter series, had you ever used the services of your county Extension office? (58) [1-2]

___ No
___ Yes

28. Please add any comments or suggestions about the Newsletter series: _____ [59-61] _____

_____

_____

_____

_____

_____

_____

29. County in which you live (or state, if other than California): _____ [62-63] _____

_____

Thank you for your help.

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LOOKING FORWARD . . .

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Feeding Your Baby

WHAT, WHEN, AND HOW MUCH?

Tracy Borland

Milk—about 2 to 3 cups daily with a variety of other foods from the food groups listed below.

Most health authorities recommend that a baby should be at least a year old before whole milk is given. Until your baby is 1 year of age, breast milk or formula is the most appropriate milk to feed your baby.

IN ADDITION TO MILK, GIVE SEVERAL SMALL SERVINGS FROM EACH OF THE FOLLOWING FOOD GROUPS OVER A 2 DAY PERIOD:

- Vegetables, fruits
- Meat, fish, poultry, egg yolk
- Cheese, yogurt, cottage cheese
- Bread, crackers, cereal, rice, spaghetti

How Much Should My Baby Eat?

Your baby doesn't have to eat something from every food group at every meal. He may eat well at one meal, not so well at the next, and refuse the third meal. One hearty meal a day plus four foods from the above food groups are about average at this age. Forcing babies to eat can work in reverse and make them refuse any food. Or they may continue to eat just to get your approval.

Offering food to babies when they are upset may quiet them for a few moments, but it will also teach them the habit of using food as a solution to problems. Instead, try to find the cause of the problem and solve it, without using food as the pacifier.

Games Babies Play

Tracy Borland

Pull-the-Right-String: A using-a-tool game

PURPOSE OF GAME

- Helps your baby learn to use objects as tools to get what she wants.

HOW TO PLAY

- Hold your baby in a sitting position on your lap facing a flat surface like a table top.
- While she is watching, tie one end of a piece of string around a favorite toy.
- Place the toy out of reach on the table and say, "Get the toy."
- Your baby will learn to pull the string to get the toy.

Another using-a-tool game

- Place the toy on the string out of reach again.
- Place two more strings alongside the string with the toy attached.
- Your baby will learn to pull the string with the toy attached.

WHAT LITTLE BOYS AND LITTLE GIRLS ARE MADE OF

Tracy Borland

Parents sometimes treat boys and girls differently, and react differently towards them. They may give toy trucks to boys and dolls to girls. They may get upset if a boy picks up a doll and starts playing with it because they think a doll is a girl's toy. The same thing may happen when a girl plays with a toy truck or car.

Although your child is still a baby, it's not too early to consider your own attitudes about sex roles. Now is a good time to evaluate the messages you want to give about "what little boys and little girls are made of."

Here are some questions to help sort out your attitudes:

- Do I hold back hugging my son just because he is a boy?
- Do I use a different tone of voice for my daughter than I would for a son, even though tenderness is comforting for both sexes?
- Do I expect different kinds of behavior from my children because of their sexes (for example, leadership and strength from a son, and crying and softness from a daughter)?

Allowing children to express themselves freely regardless of their sex will help them grow into healthy, capable and confident individuals.

BUILDING SELF CONFIDENCE

Being a parent can sometimes tax your patience, as well as your confidence in your ability to cope with daily problems. At times you may feel comfortable and self confident, and at other times you may feel uncertain and fearful about your decisions.

We all strive to feel comfortable and good about ourselves. Self confidence is measured by the way we feel and the way we behave.

There are ways to bolster your self confidence, so that you feel better about yourself. Here are a few suggestions:

- Examine and determine what YOU want out of life—not what other people want for you, or want you to do.
- Don't put yourself down. Instead of saying "I can't do it," try saying "I am going to try to do it."
- Living your life from this moment on. Don't become discouraged by past mistakes.
- Trust your own decisions. You are the best judge of what works well for you.

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Dorothea Cudaback

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A SERIES OF BOOKLETS FOR PARENTS OF INFANTS AND TODDLERS

13 AND 14 MONTHS

Dear Parents:

Congratulations!

You've made it through the first year. You can look back over the last year with pride. You have many memories of the times you have shared with your baby. Remember when you thought her crying would never stop? Remember the time she giggled with glee and you felt good just enjoying her happiness?

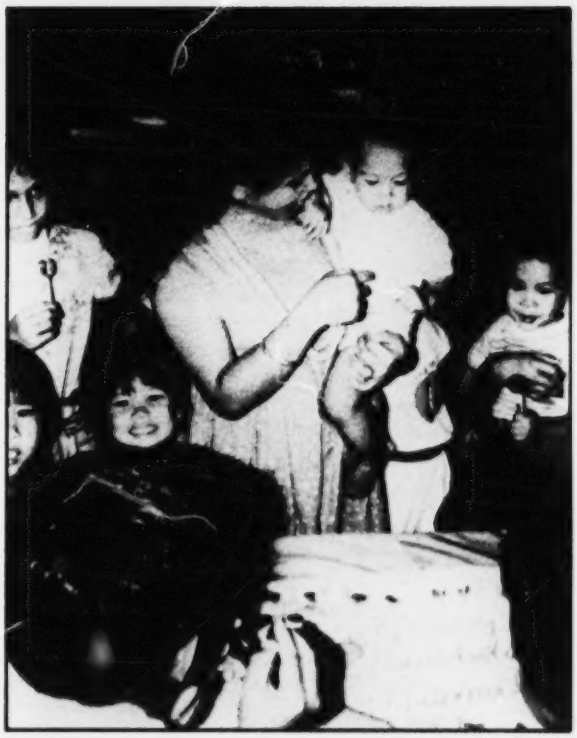
Now you and your baby are ready to move into the exciting second year. She will be growing fast and learning a tremendous amount this next year. This year is a very important time for your child. It is:

- A time when your child moves from babyhood into childhood.
- A time for her to learn new skills such as feeding herself.
- A time when she can do a lot of things but does not always know how these actions could hurt her or others.
- A time when her curiosity will delight as well as frustrate and tire you.

Guiding and caring for your child this next year will be a challenging and exciting experience. She'll need a lot of attention and encouragement from you. You'll need a sense of humor, some time for yourself, and lots of common sense. Knowing that your child's dramatic and changeable behavior is both normal and temporary can help you during this time.

Enjoy and celebrate your child's second year.

Remember, ***Parent Express*** describes a typical child at each age. Each child is special and each child develops at his or her own pace. Perfectly normal children may do things earlier or later than those described in ***Parent Express***. If you are concerned about your child's development, see your doctor.



Vivian Halverson

Questions Parents Ask

I Don't Speak English Well

Q. I am new to this country and I don't speak English well. Should I talk to my son in my own language or in the little bit of English that I know?

A. Children learn language best from someone who speaks it well. Since you can speak your native language well, I suggest you speak to your son in your native language. Help him learn it as well as he can. Later, when he has a chance, he can learn English from someone who speaks English well. He will learn to speak English more easily after he has become skilled in your language.

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Nutrition:

Sometimes It's Hard to Give Up the Bottle or Breast

Weaning your child from bottle or breast should be done slowly. Most babies aren't ready to give up the bottle or breast one day and begin drinking from a cup the next.

By now, your child has probably been drinking from a cup for a while. If you've also been giving milk in a bottle or from the breast, now is the time to give milk in a cup at mealtimes. Your child will be drinking less milk because she will be eating more solid food. As your child eats more and more solid food, there will be less need for the bottle or breast.

Some children may still want the bottle or breast when they wake up, or when they go to sleep. It's okay to give it as long as your baby doesn't go to sleep sucking on a bottle. Sucking on a bottle all night can hurt baby's teeth.

After a while your child will forget about the bottle or breast. Don't offer it. Let your child ask for it and then give it only if she really seems to need it. See if your baby won't settle for something else to drink instead. Limit the time the child has the bottle or breast. If you let your little one carry a bottle around during the day, it will be harder for her to give it up.

Don't put fruit drinks, soft drinks, fruit punches, or beverages other than milk in a bottle for your child. These drinks are not nutritious. They are mostly sugar and water. When your child is thirsty, offer tap water, milk, or real fruit juice in a cup. Some toddlers drink from a bottle longer than others. Be patient. Don't force your child to give up the bottle or breast before she seems ready.

Tracy Borland

Surviving the 12 to 18 Month Old

There's a lot of talk about the 2 year old and the 3 year old, but sometimes we forget what happens between 12 and 18 months. This period will truly test your flexibility, patience, understanding, and sense of humor. Why? Because there's no simple way to make a baby this age explore safely or obey your requests.

Your child loves to explore and he needs to explore to learn, but he can so easily get into trouble. You'll need to watch him constantly and protect him and your belongings from harm. This is *not* easy.

Baby-proof your home by removing anything he can hurt himself with, and anything he can damage. This may mean storing the coffee table and removing the plants for a while. With a child this age, it's impossible to keep a home neat and clean. When accidents do happen, understand that your baby is not trying to be mean. He may be a little over enthusiastic, but he is not deliberately naughty. Consider the sacrifices you make in your lifestyle today as an investment in your child's growth and happiness. Believe it or not, he *will* learn to be responsible.

Welcome this adventuresome little human being to your life. When you need some peace of mind and quiet, beg or borrow someone to watch your child, put your little one in a playpen for a short time, or take him for a walk or a ride. Take advantage of your child's nap time to get some rest and relaxation for yourself.

Coming Next: Mealtime and Snack-Time Routines; Self-Esteem Starts Early

Copy Play

An All-Time Favorite

You may have seen how your little one likes to copy what you do. She may try to feed you pieces of food the way you feed her. If you accept the food and show you enjoy it, she will laugh gleefully. This makes her feel important.

You will enjoy seeing your child try to copy the things you do—eating, washing, cooking, cleaning, and so forth. Your little one will especially enjoy having you play games in which *you copy her.* When you do, you are being responsive. She likes that because it shows her that what she does is important to you. This helps build her self-confidence. Try copying her hand movements, her play activities, her body movements, or her language. She'll giggle happily and she'll be learning how her own movements look to you.

Mirror play is fun for your little one at this age. She likes to watch you in the mirror while you copy her. She'll also enjoy just watching herself in the mirror. She'll laugh at her smiling reflection and may pat or kiss it.

You can use imitation to help your little one learn. When she is learning to drink from a cup, you can drink to show her how. When you want her to pick up toys, you can set an example.

Other Imitation Games

You can have your child build with cans, boxes, or other similar objects. You can have him build designs by imitating what you do. You can build pyramids, trains, or two towers together.

Tracy Borland

Playing Responsively

Play is the way children learn. They love to play with their parents and other caring adults. Play with them in ways that don't take away their pleasure or their opportunities to learn. Here are some simple rules of play for you:

- Watch your child without interrupting, observing his interests and his skill levels. You are learning about how he plays.
- Join in and play at the child's level, letting the child lead. If you try to teach complicated ideas too quickly, your child might be confused and disappointed.
- Ask your child to tell you about what he's doing, but don't pass judgment.
- After playing for a while at your child's pace, you might introduce a slightly more difficult stage of play. For example, if your child can put together a two-piece puzzle, try one with three pieces. If your child likes building with blocks, you might show him how to combine block play with toy animals.
- Every now and then, stop playing yourself and just watch your child play. Watch how he explores his new activity. After your child learns to do something new by himself, you can join in and suggest another new activity.

Remember, your child's attention span is very short. When he decides to stop playing, let him do so.

WHAT'S IT LIKE TO BE 13 AND 14 MONTHS OLD?

How I Grow

- I can climb onto a low ledge or step.
- I don't like any kind of restraint; I want to explore everything.
- I poke, bang, turn, and twist everything I can reach.
- I can probably stand alone and walk pretty well.
- I can probably stoop and stand up again.
- I'm very interested in small things like crumbs, bugs, and pebbles.
- I spend a lot of time just staring at things; this is one way I learn.
- I may be afraid of the dark.

How I Talk

- I am learning simple words.
- I can look in the right direction when you ask where's daddy, where's the ball, where's the kitty.
- I will respond to my name.
- I will wave bye-bye if you ask.
- I have begun to understand the names of some people, animals, and things that are important to me.
- I can let you know when I want something like a glass of milk.
- I like putting sounds together.
- I really try hard to make you understand me.
- I like to repeat words you say.
- Sometimes I like you to tell me the names of things pictured in a book but I don't much like stories yet.

What I Have Learned

- I am learning what you will let me do and what you won't let me do.
- I will empty anything I can get to—dresser drawers, kitchen cabinets, trash cans, laundry baskets.
- Sometimes I like to put things back in containers.
- I like to imitate your actions.
- I have learned how to get you and other adults to help me do things.
- I have not yet learned what is dangerous for me to do.
- I may scream just to show you how powerful I am.
- I have learned pat-a-cake and like to show it off to appreciative audiences.
- Sometimes, not often, I will respond to a firm "no-no."

How I Get Along with Others

- I love to have people watch me and I like to hear them clap for me; I'm beginning to do cute things just to get your attention.
- I show I love you with hugs and kisses . . . sometimes.
- I still like to keep my mother and father in sight when I'm exploring.
- I'm beginning to adjust to babysitters, but I'm still shy with strangers.
- I like to have you play with me.
- Sometimes I drop things just to get you to pick them up for me.
- I don't much like playing in a room by myself.
- I may have tantrums and throw things when I'm angry.

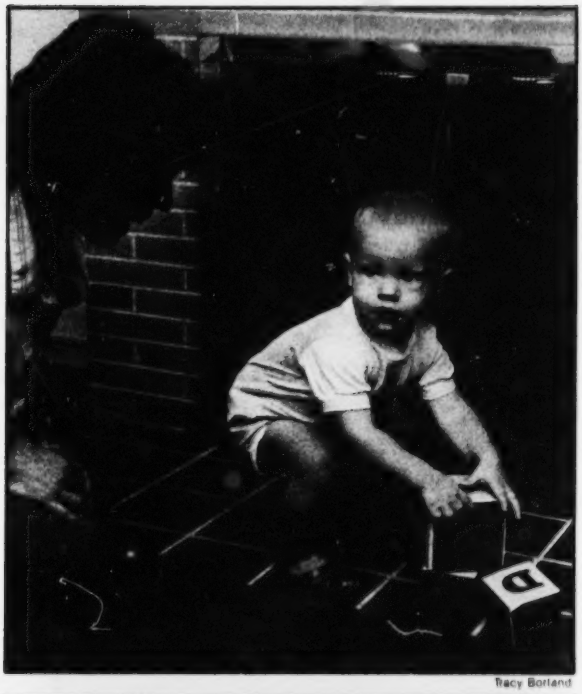
Richard Kreeger

What I Can Do for Myself

- If you help me, I can hold a cup and drink from it.
- I like taking off my hat, shoes, socks, and pants, but I can't put them back on.
- I can hold a spoon, but I probably can't eat with it yet.
- I like to feed myself with my hands and smear food on my face and everything I can reach.
- I can open and close doors.

Play I Enjoy

- I like to push a rolling toy and put things in piles.
- I can play alone, but mostly I like to play with you: especially chase-me, catch-me, find-me games and gentle rough-housing.
- I like putting little things in big things.
- I like to listen to music and dance to it.
- I'm beginning pretend play like driving a pretend car.



Tracy Borland

Tracy Borland

Games for Growing

Building a Tower

Purpose of the Game

To help your child build a tower by himself so that he can understand that things can be combined to make other things.

How to Play

- Sit on the floor or at a table by your child.
- Place blocks in a pile in front of you and your child.
- Build a tower with two or three of the blocks.
- Don't knock down the tower. Take it down, one block at a time.
- Ask your child to make another tower.
- If your child doesn't start to make a tower, hand the child a block and say, "See, we can put one on top of the other."
- When your child puts one block on top of another say, "You can do it."

(Note: If the tower falls, don't make a big thing out of it.)

Some children cannot do this until they are older. Don't worry if your child needs more time or more practice. Be patient and encouraging and stop the game before your child is bored or frustrated.

Pop Goes the Weasel

Purpose of the Game

To help your child listen for a special signal and act on it. Your child will learn to listen for the POP and jump up without help when she hears it.

How to Play

- Sit facing your child on the floor or on low chairs.
- Sing to your child:
  "All around the carpenter's bench
  The monkey chased the weasel,
  The monkey thought 'twas all in fun!
  POP, goes the weasel."
- As you sing POP, take your child's hands and pull the child up. Then sit your child back down as you complete "goes the weasel."
- Soon your child will listen for the word POP and have fun jumping up without your help.

HE or SHE? HIM or HER?

Parent Express gives equal time and space to both sexes. That's why we take turns referring to children as "he" or "she." Please note: when we use he or she, we include all children.

Research in Brief

The First 3 Years Are Crucial to Development

Your child's first three years of life are probably his most important. Dr. Burton White, Director, Center for Parent Education, Newton, Massachusetts, writes, "After 17 years of research on how human beings acquire their abilities, I have become convinced that it is to the first three years of life that we should now turn most of our attention. My own studies, as well as the work of many others, have clearly indicated that the experiences of these first three years are far more important than we had previously thought. In their simple, everyday activities, infants and toddlers form the foundations of *all* later development." (White 1985; preface to the first edition)

The way your child develops during these important first 3 years depends to a large extent on how you care for him and encourage his development. Parents are children's first and most important teachers.

Be Good to Yourself

When You Feel Like Screaming

Raising a toddler can make you feel really uptight sometimes. Your child is becoming more and more of a challenge every month. It's hard to be the one who is always responsible. Your body may get tense and you may feel like screaming or hitting something. When you think you just can't stand it one more second, STOP. Take "time out." Here are a few "time out" relaxers to try:

- Close your eyes and take long, deep breaths.
- Make sure your child is in a safe place, then close yourself in a room for just a few minures until you calm down.
- Tell those around you that you've reached your limit and you need to end the argument right now.
- Ask a friend or relative to watch your child for a short time.
- Look in the front of your telephone book and see if there is a parental stress hotline. Call the number. Keep it posted near your telephone with other emergency numbers.

When you take time out to handle your stress, you're doing yourself **AND** your baby a big, big favor. Besides saving your child from painful words and actions, you'll be showing your child a good way to handle stress.

Homemade Toys That Teach

A Chance to Create Together

Toys don't have to come from stores. Some of the best toys for your child can be those you make from things you have around the house. Each of the next 11 issues of ***Parent Express*** will include a section on homemade toys that can be both fun and educational. Homemade toys are almost free, and they give you and your child a chance to create something together. Let your child help you decide how to make the toy and let him help you put it together. This will encourage his creativity and help him learn new skills. Even very young children can help by suggesting colors and choosing supplies; older toddlers can paste and color.

Your child gets other special benefits from homemade toys. He gets more toy variety because when he breaks the toy or gets tired of it, you and he can change it or toss it out and make another. He is also learning that he can make things for himself, that he doesn't need to buy all his fun from a store. This increases his sense of self-reliance while it helps him build his imagination and skill. There is no end to the kinds of toys you can make—we give you just a few examples. Watch your child and make toys that will fit his interests and skills. Remember to be careful about safety. Watch out for sharp edges, or other things that could choke or hurt your child if they are broken or go into his mouth.

Television and Toddlers

Television is not a good babysitter. Most young children would rather be doing other things at this age. Watching television does not give your child the muscle exercise he needs. It does not give him a chance to explore or to be an active learner. Unless you're watching television too, it's also lonely.

Some parents try to have their children watch television to keep them quiet, but these children might become hooked on television. They might sit and watch for hours, even when they're older. Too much of this can keep them from playing and making friends. The television makes it hard for your little one to talk to you and hear you. This can delay the very important development of language skills. Do your toddler a favor and turn off the television except for very special, occasional programs. When he does watch television, talk to your little one about what he is seeing. This talking may be the best part of the program for him.

Safety

Watch Out for Poisoning

Did you know that children between the ages of 10 and 20 months are far more likely than children of other ages to be victims of accidental poisoning? Poisoning most often happens when children have learned to crawl. They get into things and are curious about the world around them, but they have not yet learned what kinds of things are dangerous.

- Many things can poison children, including:
- Garden and house plants.
- Colognes, perfumes, hair products, and cosmetics.
- Tobacco, food flavorings, and spices.
- Gasoline, insecticides, roach sprays, and powders.

Many kinds of garden and house plants are poisonous if eaten; oleander and castor bean are especially dangerous and can be fatal. Some plants cause vomiting, others cause changes in children's heart rate, body temperature, or bowel movements. Know the plants in and around your house. Be careful of plants that have hairy leaves, milky juice or sap, or thorny leaves, fruit or seed pods.

If a child eats one cigarette, it can kill him. To young children, all colored liquid looks like juice and all white powder looks like sugar. Your curious explorer needs to be protected from these things.

Give your house regular safety checks. Make sure everything dangerous is locked up or out of reach. Cover electrical outlets. As toddlers learn to climb, they can open cabinets that they could not reach before. Keep the telephone number of the nearest poison control center, your doctor's number, and other emergency numbers posted close to your telephone. If your child eats any part of a plant or other poisonous substance, call the emergency number. Have syrup of ipecac on hand, but don't use it unless the doctor or poison control center tells you to use it. If your child must have emergency treatment, bring a piece of the substance your child has swallowed or the container to the doctor or hospital with you.

Discipline is Teaching

What do you think of when you hear the word "discipline?" To some it may mean punishment, but in ***Parent Express***, discipline means teaching. Discipline is guiding and teaching your child to be cooperative, considerate, and responsible. Children need consistent, careful, and fair discipline.

Vivian Halverson

Guidance and Discipline

Foundation of Cooperation

Do you know that by the time your baby is a year old, you have done many things already to help him behave well? Babies who are loved, protected, and comforted during their first year feel safe and trusting. They have a close, loving bond with their parents. During their second year they will want to follow their parents' simple requests. They will also come to imitate their parents' caring behavior. As a result, they will be more likely to accept limits, guidance, and discipline during the sometimes rocky months ahead.

Remember that discipline means helping children grow into responsible adults. Discipline may be the most difficult and the most important part of parenting. It is one way to show love.

Until his first birthday, you limited your baby's activities by distracting him, holding him, and putting harmful and breakable things out of his reach. Within the next couple of months, he will probably begin to understand "no" but don't expect him to respond to it very often yet. You can begin now using words to guide and limit him. Set a few reasonable rules and stick to them. If he disobeys, stop him, tell him the rules again and why you have them—in simple words. Do not punish him. He will learn more quickly and easily with teaching and guidance than he will with criticism and punishment. Be patient with him now; it will pay off later.

More about how to do this in our next issues of ***Parent Express***.

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Suggested Reading

For more information on development and care of toddlers we suggest the source books ★ starred, as well as:

Baby Learning Through Baby Play: A Parent's Guide for the First Two Years by Ira J. Gordon (1970). St. Martin: Griffin (paperback).

Child of Mine: Feeding With Love and Good Sense by Ellyn Satter (1983). Menlo Park, California: Bell Publishers (excellent information on toddler nutrition).

Your Baby and Child (from Birth to Age Five) by Penelope Leach (1986). New York: Knopf.

Parent Express is available from ANR Publications, University of California, 6701 San Pablo Avenue, Oakland, California 94608-1239, (415) 642-2431.

Parent Express is a series of 27 age-keyed booklets of research-based information for parents of infants and young children. Three booklets contain information on prenatal and birth issues; the next 12—one for every month of the baby's first year—focus on development and care of infants; and the last 12 focus on development and care of children ages 13 to 36 months. The booklets are written by the Human Relations Staff, Cooperative Extension, University of California.

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PARENT EXPRESS

A SERIES OF BOOKLETS FOR PARENTS OF INFANTS AND TODDLERS

15 AND 16 MONTHS

Dear Parents:

Your Child Is Curious about Everything

Help your child explore her world. Fifteen- and sixteen-month-old children are moving fast. They are crawling, scooting, and walking. How exciting it is for them! Their world is full of new things to touch, throw, climb on—and to fall from or knock down. Your quiet, cuddly baby has become a lively little person and that means you have to be lively too. That can be fun, but it can make you tired, anxious, and angry.

Playpens are okay when you need to rest or to calm down, but keep playpen times brief. Enjoy your child's exploring and help her discover new things—safely. She needs to learn about her surroundings so she can feel good about herself and her world.

Joan Kreeger

Toddler Talk

I'm Learning about Movement

Help me discover how things move. If I like dropping something from my high chair, give me a paper napkin to drop and let me watch how the air moves it. Give me a sponge or tennis ball to throw. I like to hear the sounds things make when they hit the floor. Tell me the names of things and what they do. Roll, bounce, splat. I will soon find out that things that go splat get your attention!

Bounce me gently on your knee or lap or clap with me in time to music. I like the movement and the music.

Let me have space indoors and outdoors to practice crawling and walking. I am going to be running by the end of the year. Right now, let me practice crawling, standing, sitting, and walking on my own.

Remember, ***Parent Express*** describes a typical child at each age. Each child is special and each child develops at his or her own pace. Perfectly normal children may do things earlier or later than those described in ***Parent Express***. If you are concerned about your child's development, see your doctor.

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Research in Brief

Reasoning Discipline Is Better than Power Discipline

Dr. Alice Sterling Honig, Professor of Child Development, Syracuse University, New York, reviewed studies of young children. She wanted to learn what parents did to encourage their children to be obedient and cooperative. The studies showed that parents usually control and guide toddlers in one of two ways—with power control or with reasoning.

Power control includes physical punishment, use of force, and taking away objects or privileges. It also includes withholding affection or refusing to speak to the child. Reasoning control means explaining in simple ways that the child can understand why he should behave in certain ways. Reasoning is pointing out that the forbidden actions could hurt her or harm others. For example, if your child throws sand at other children, power control might be yelling at her or hitting her. Reasoning control might be telling her that throwing sand could hurt other children and she must stop. The studies Dr. Honig reviewed showed that parents who used reasoning control were better able to control their children's behavior and help them learn to be cooperative (Honig 1985, pp. 50–56).

Look Mom, I Can Feed Myself!

By now, your child has become an expert at putting things in his mouth. This is both good and bad news. The bad news is that lots of things go in the mouth that don't belong there. The good news is this means your child can begin to feed himself. It also means you can eat at the same time your toddler does rather than separately. Of course, he will be watching you and will try to do what you do. When he sees you eating with a spoon, he will want to practice eating with his spoon. (Child-size spoons are sold at most variety stores.) But he will still eat most foods with his fingers.

More good news is that your child can begin eating the same foods you eat. There is no reason to buy special junior baby foods. You can easily make your own toddler foods by mashing, dicing, chopping, or shredding the food you eat into small pieces that are easy to chew and easy to swallow.

Vivian Halverson

When There Are Two Languages at Home

Most people who have studied language learning believe that if you speak two languages at home, then both languages should be used with your child from the beginning. Some experts suggest that one parent or caregiver always use one language and another parent or caregiver use the second language. This way, the child can keep the two languages more separate and will be less confused about hearing and speaking them. A child learning two languages will be a bit slower at first in language development than a child learning only one language but by her fourth or fifth birthday, she should catch up and be able to speak both languages well.

HE or SHE? HIM or HER?

Parent Express gives equal time and space to both sexes. That's why we take turns referring to children as "he" or "she." Please note: when we use he or she, we include all children.

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Joan Kreeger

Self-Esteem Starts Early

Your child's self-esteem is made up of the thoughts, feelings, and ideas she has about herself. All together, these shape her ideas about how important, lovable, and capable she is. Your child's view of herself—her self-esteem—is determined by the way you and others treat her. If she sees that she is treated as an important, competent young person by the people who are important to her, then she will feel she *is* valuable and competent. Your child needs to know that you continue to love her even when you don't like what she does. She needs to know that you expect a lot from her, but that you can accept her limited abilities.

High self-esteem is possible for everyone. It's not determined by a family's wealth, education, social class, or dad's or mom's occupation. The basic foundation for your child's self-esteem is being built during the first years of her life. Because you and others cared for her, played with her, and responded to her needs to grow and learn, she learned how precious she was to you. She also learned that you believed in her ability to learn and develop new skills. She needs this care, guidance, and respect from you as she continues to form her sense of self-esteem.

Building good self-esteem in children is one of the greatest challenges of parenthood. The guidance ideas, play ideas, and feeding and language suggestions in ***Parent Express*** will help you encourage your young one to feel loved and competent.

Nutrition

Mealtime and Snack-Time Routines

It is a good idea to give your child meals and snacks at about the same time every day. He will feel better if he knows he is going to have food at regular times. If he doesn't, he is apt to be crabby and cranky. He might overeat when he finally does get food, because he is not sure when he is going to eat again.

Eating in the morning helps your child stay alert and energetic. He might not want to eat just after he wakes up. That's okay; try again later. He will probably be ready for food in a half hour or so.

Children have small stomachs and may get hungry within a couple of hours after a meal. Give your child nutritious snacks at midmorning and midafternoon to take care of his hunger and keep him healthy.

Most people eat a meal around noon, and they may eat another meal about 5 or 6 p.m. You can plan the times of meals around what you have to do during the day. Try to stick to this regular schedule of meals and snacks. Suppose your child refuses to eat at mealtime, but then asks for a snack immediately afterwards. Generally it's a good idea to refuse his request and tell him he must wait until snack-time.

If your child doesn't want to eat what you've prepared, don't get into the habit of fixing something different just for him. Remind him that this is what everyone in the family is eating. Tell him it will be a while before the next meal or snack. If he still insists he is not going to eat, quietly remove his plate. Let him leave the table if he wants to.

Encourage your child to try lots of different foods. If he doesn't eat a new food the first time you serve it, don't give up. Children often reject new foods the first time around. Serve the food again a few days later. He may try it then. He may not try it until you've served it three or four times. By then he will have seen other people eating and enjoying it and the food will be more familiar to him.

WHAT'S IT LIKE TO BE 15 AND 16 MONTHS OLD?

How I Grow

- I like to climb on things and I usually like to do it alone.
- I can climb upstairs on my hands and knees.
- I can climb on chairs, sofas, and tables.
- I can climb out of cribs, high chairs, and strollers.
- I'm always on the go; . can walk pretty well; I can run a little.
- I like to carry things in each hand.
- I want to show you how independent I am by doing what *I* want, not what *you* want me to do.
- I am learning to walk backwards.
- I can turn pages in a book, a few at a time.

How I Talk

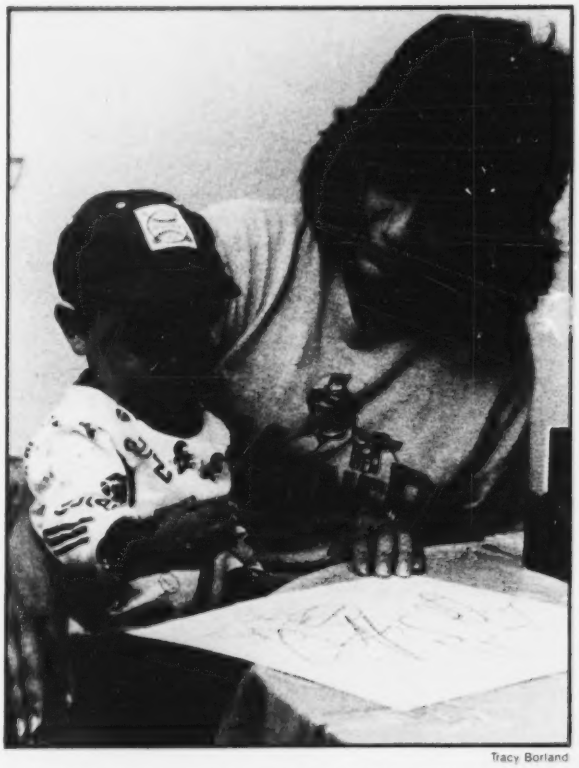
- I can say three or four simple words besides "mama" and "dada."
- When you ask me to, I can point to my shoes or parts of my clothing.
- I can let you know what I want by the way I talk or point.
- I can follow simple requests like "Give me the ball."
- I can point to pictures you name, if the things in the pictures are familiar to me.
- I can understand simple directions such as "no," "come," "show me," and "look."
- I am learning to hold real conversations with people.
- I don't usually like having a whole story read to me. I would rather point to pictures in a book and have you talk to me about them.
- I am beginning to say "no" a lot.

What I Have Learned

- I like to feel different kinds of things—smooth things, rough things, soft things. I like soft things and smooth things, but I may not like things that stick to my fingers.
- I can throw a small ball but I usually throw it crooked.
- I may be able to build a tower of two blocks.
- I can scribble with a pencil or crayon.

How I Get Along with Others

- I mostly want my own way; I don't cooperate much.
- I like lots of attention.
- I am easily entertained.
- I can tell when someone I know is absent.
- I can recognize myself in a mirror or photograph.
- I'm pretty self-centered and often not friendly.



Tracy Borland

- I like to imitate the way you do things, like sweeping the floor, setting the table, or raking the lawn.
- If you show me that you like what I do, I will do it a lot.
- Sometimes I will get things for you.
- I like to know where you are at all times.
- I'm not very good at giving but I like to get things.

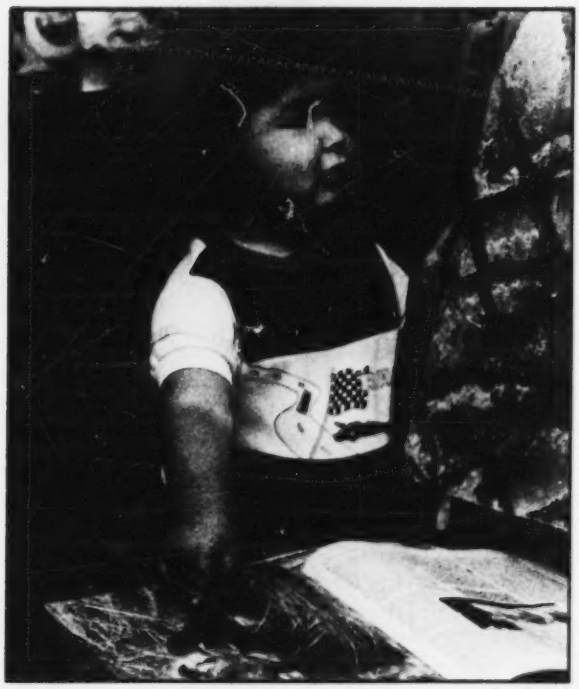
What I Can Do for Myself

- I like to do things for myself but I don't do them very well.
- I can let you know when I have wet or soiled pants but I'm still too young to be toilet trained.
- I may be able to use a spoon but I spill.

Play I Enjoy

- I like to turn switches on and off.
- I like to throw things, push things, and pound on things.
- I like to spin wheels.
- I like playing with spoons, cups, and boxes.
- I don't play very long with any one toy.
- I like to carry around a soft doll or toy animal.
- I like playing in sandboxes.
- I like rolling a ball with you.

Games for Growing



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Naming Pictures

Purpose of the Game

To help your child learn the names of things pictured in a book.

How to Play

- Sit with your child on your lap.
- Read a picture book to your child.
- Encourage your child to find things pictured in the book. "Where's the rabbit? Find the bird. What is the boy doing? Is he playing with the toy"?
- Finish the story.

Reading Alone

Purpose of the Game

To help your child learn to turn pages alone and look at pictures so that he gets to know magazines as things that can be read.

How to Play

- Ask your child, "Do you want to read a magazine?"
- If yes, turn the pages of a magazine a few times and point to some pictures.
- Let your child look at the magazine alone.

Bath Time Fun

You may have noticed how much your little one loves to splash in water. Take an extra minute or two at bath time to let your child have more fun.

Keep some toys just for water play. Plastic containers, measuring cups, spoons, and funnels all make fine bath toys. Be sure to wash them before giving them to your toddler.

During the bath, you can play the Name Game, a good way to have fun and help your little one learn the names of her body parts. Point to each body part while you say, "Here's your nose, here are your eyes." and so on. Soon your child will be able to point to the right part when you say the name.

When your child sits in the water, you can sing or chant, "One hand splash, other hand splash, up, down, splash, splash all around." Remember always to stay in the bathroom with your little one. She is not old enough to bathe alone and could easily fall or get caught under the water.

Watch Out

These Are the Accident Years

Do you know that . . .

Accidents are the greatest threat to the life and health of your child? More children die and more children are permanently disabled due to injuries than all diseases combined.

As a parent you worry about the illnesses your child may get and you take special care to protect him. *You must take the same care to protect him from accidents. Your child cannot protect himself.*

Young children are growing and developing all the time. Their ability to do things changes suddenly. In no time at all, he can reach for a hot cup of coffee in your hands and get burned. Often accidents happen because parents are not aware of what their children can do suddenly.

Here are some ways you can prevent accidents:

- Protect your child from falls with stairway gates and window guards. Don't leave chairs near open windows or cabinets.
- Cover electrical outlets.
- Keep your child away from hot stoves and heaters.
- Avoid scalds by turning water heater down to 120° to 130°F.
- Lock doors that lead to dangerous areas.
- Keep dangerous substances locked up or safety capped.

Be Good to Yourself

Know When You're Really Stressed Out

We all feel like the world is closing in sometimes. You may feel like you have too much to do, not enough time, not enough money, nobody to help out. If you feel that way sometimes, you're not alone. When stress gets too heavy, you might have headaches or trouble sleeping. You may feel angry all the time, even when nothing's happening. Stress can do real harm to your health and your relationships with your family, children, and friends.

You can learn to recognize the signs of stress in your own body. You may feel your muscles get tight, your hands might begin to sweat, or your breathing might get heavy and fast. Ulcers, migraine headaches, asthma, and high blood pressure can come from stress.

What can you do about it? First, remember that it's normal to feel stress when you're a parent—all parents feel stress sometimes. Talk to others about how you feel. Learn what other people do when they get "stressed out." Try different ideas for coping with stress, such as self-help groups, parent stress hotlines, exercise and time out for yourself. You can be in charge of your own stress—find out what works for YOU.

Health

Lead Poisoning Is a Serious Illness

The main cause of lead poisoning is chewing nonfood items that contain lead, such as peeling paint or plaster in an old home, colored newsprint and comics, toys, and furniture painted with lead-based paint, or soil contaminated by leaded gasoline.

Other sources of lead poisoning are some folk remedies. **Only give your child medications prescribed by a doctor.** If you renovate your house or refinish furniture, be careful that your child does not get dust or chips from the old paint in his mouth.

Children with lead poisoning don't always look or act sick, at least not at first. Lead poisoning often shows up in simple things like laziness, grouchiness, upset stomach, headaches, or loss of appetite. Sometimes there are no signs at all until serious damage has occurred.

Since toddlers put everything in their mouths, supervise them carefully. Remove all items in your home and yard that may contain lead. If you think your child has eaten lead, ask your doctor to do a simple blood test called FEP.

Questions Parents Ask

Why Do My Two Young Children Fight All the Time?

Q. My 16-month-old daughter and my 4-year-old son fight constantly. It's driving me out of my mind. Why are they fighting and what can I do about it?

A. Sibling rivalry can be a problem, especially when young children are less than 3 years apart in age. The older child may be fairly content with his new brother or sister until the baby begins to crawl. As you well know, when your baby begins to get into things, you have to pay more attention to her. When this happens, her older brother may understandably feel you love him less. To make matters worse, the little crawler can break and take her brother's toys. Let your son know you understand and sympathize with his feelings. Suggest ways he can cope with his little sister without hurting her. For the next 6 to 12 months, you may feel you're constantly stopping quarrels and the biting, hitting, and hair pulling that goes with them. Worse, you seldom know which child started the quarrel.

There are some things you can do to cope with this rivalry.

Protect your children from hurting each other or each other's things. It does no good to try to make your older child feel guilty for his anger. After all, his feelings are quite normal and understandable. Do let him know you will not let him hurt his sister or let his little sister hurt him.

Do what you can to make life more bearable for your older child. Do not lavish praise on his little sister in his presence. Encourage your friends and relatives to follow this advice too. Give your son enjoyable out-of-home experiences, a fun trip, a play group, a babysitter just for him. Do this in a way that makes your son feel special, not pushed out or rejected.

Give your older child your undivided attention at least once a day. All your children need this special show of affection and care.

You might be tempted to put extra demands on your older child at this time. You might expect him to be more responsible, patient, unselfish, and grownup than he reasonably can be at his age. Ease up on these expectations.

Don't try to decide which child is to blame for a fight. Just separate them. If they are fighting over a toy, take the toy away from *both* of them. Then help them find something else to do.

Try to remember that fighting is common for children of these ages. Your children have not turned into monsters. Be patient, understanding, and firm. This period will pass.

Homemade Toys That Teach

Touch Treasure Box

Why?

This toy helps toddlers learn about the different ways that things feel. They learn how to tell one feel from another. The toy also gives them a chance to collect and learn about the shapes, colors, and sizes of different objects and materials.

Materials

- Small cardboard box, like a shoebox
- Crayon
- Small touch treasures collected by child
- Glue (check the bottle to be sure it says nontoxic or child safe)

Making the Toy

Print your child's name in large letters with the crayon on top of the treasure box. With your toddler's help, glue small objects of different textures and shapes inside the box. You can include pieces of sandpaper, scraps of wool, fur, sticks, small toys, shiny lids, rocks, and so forth. Make sure these things are not sharp or dangerous and make sure they're not small enough to choke your child.

Playing

Your toddler will enjoy just looking at and touching the things in her treasure box. Encourage her to tell you about the objects. You can tell her which ones are hard or soft, which are big or little, which are round or square. You and your toddler can take turns talking about the objects.

You might want to have separate treasure boxes for special kinds of things. For example, a box of all round things or things that are all hard, all furry, or all shiny. You can take walks to collect natural things like leaves, cones, and flowers for an outdoor treasure box. You can make a treasure box of things from a special occasion, trip, or a person.

Don't Rush Toilet Training

Toilet training should not be a hassle if you don't rush it. Children are ready for toilet training at different ages. Most girls are ready at about age two, most boys at about two and one-half. Sure, you'd like to be rid of mess and diapers but be patient. When your child is ready for toilet training, you will probably find it will go quickly and easily. We'll be writing more about toilet training in a few months.

Nesting Cans

Why?

This toy helps children begin to learn about big and little.

Materials

- Three to five cans of different sizes that can fit one inside the other. The cans should have smooth edges. You can use juice cans, fruit cans, coffee cans, and so forth.
- Colored paper or cloth to cover cans
- Glue
- Paper Tape (not transparent tape)

Making the Toy

Cover the sides of the cans with colorful paper or cloth. You can use wrapping paper, construction paper, magazine pictures, wallpaper scraps, and so on. Glue the coverings onto the cans securely. Tape the can's sharp edges and seams.

Playing

Your child can nest these cans one inside the other, stack them to make a tower, line them up in order of size, or roll them across the floor. You and your child will find other ways to use the cans for play and games.

Alfred Smith

Coming Next: Toddler Immunizations; Guidance Ideas

Guidance and Discipline

Limits Show Love

Sometime between 15 and 24 months, toddlers may become resistant and defiant. You will probably hear them say "no" a lot. All this is perfectly normal. They are more aware of their individuality and more able to do things for themselves. They want to test their independence and power and to show you how important they are. They may do this by being negative, but that is a sign that they are growing up. Be patient.

Your toddler needs encouragement to become more independent, but he also needs guidance and discipline. Otherwise his independence might cause him to hurt himself or others, or to be destructive.

These can be trying times for parents. You need to decide early on some reasonable rules—a few, not too many. Make rules that your toddler can understand and follow. Most important, make rules that you can enforce consistently. Rules like these help your toddler know you care about him, that you will keep him safe. You will also be helping him learn that he can and should follow rules, even if he really doesn't like them. He needs to know this to grow into a responsible adult.

Try not to break your own rules. If you have a rule against candy before dinner, try to enforce this all the time. Otherwise, you teach your toddler that rules don't matter or that they can be easily broken.

Explain in simple words why you have the rule. Say something like, "You always hold my hand when we cross the street so I can keep you from being hurt." This helps your toddler learn that rules have a purpose. Studies show that children follow rules better when they are given reasons for the rules. This understanding will help him follow rules and make good decisions later.

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Nutrition—Joanne Ikeda, M.A., R.D., Nutrition Education Specialist, University of California Cooperative Extension.

Health—Renee Evitts, R.N., M.A., California Department of Health Services.

Suggested Reading

For more information on development and care of toddlers we suggest the source books ★ starred, as well as:

Pajamas Don't Matter (or What Your Baby Really Needs) by Trish Gribben (1980). Jalmar Press.

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A SERIES OF BOOKLETS FOR PARENTS OF INFANTS AND TODDLERS

17 AND 18 MONTHS

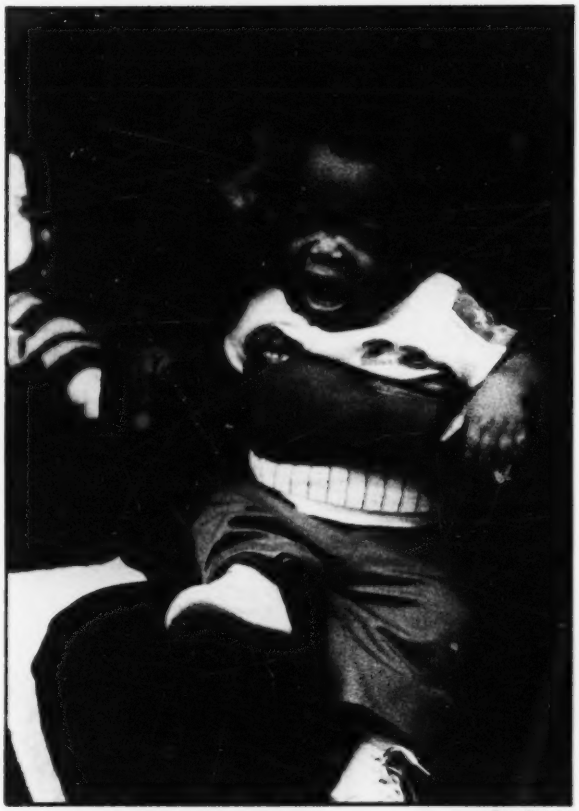
Dear Parents:

Emotions Are Blossoming

You have probably noticed by now that your little one can show intense feelings. You may have seen him become suddenly very excited, frustrated, happy, angry, or fearful.

You can help him understand his feelings by giving them each a name. When a box won't open or a car won't roll, your little one may drop it or throw it in anger. Hold him and say calmly that you know it makes him angry when the toy won't work. These words show your toddler that you understand his anger. It also gives him a word that helps him understand his feelings. Show him how the toy works, substitute another toy, or just hold him gently. He will know you care about his feelings and he will begin to learn to handle them.

It takes many years for a child to understand and cope with his feelings. The help you give him now will make this learning easier.



Tracy Borland

Watch Out

Keep Exploring Safe for Your Toddler

Your child must explore to learn. Help her explore safely. She will explore everything around her. She will put everything into her mouth and reach everything she can see. She will crawl or climb onto, into, above, or below anything. She does not know what is dangerous. She cannot remember "no." It is up to you to think ahead for her, to understand that at any time, she may suddenly do something that will put her in danger.

Remember, ***Parent Express*** describes a typical child at each age. Each child is special and each child develops at his or her own pace. Perfectly normal children may do things earlier or later than those described in ***Parent Express***. If you are concerned about your child's development, see your doctor.

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Questions Parents Ask

How Can I Avoid Spoiling My Daughter?

Q. How can I keep my daughter from being spoiled?

A. Most of us think a "spoiled" child is one who expects always to get her own way, even at the expense of others. She is demanding, self-centered, and most unpleasant to be around.

We have said you cannot spoil a young baby by giving her care, comfort, and attention when she wants it. One-year-olds who have been well cared for are generally secure and trusting. Babies who have uncertain care during their first year may become fearful and more demanding.

During a child's second and third years, "spoiling" can happen if parents don't set limits or don't enforce limits consistently. Children become spoiled when parents give in to unreasonable demands, fail to limit annoying behavior, or allow their children's minor needs to inconvenience others. When limits are clear and enforced all the time, children learn how to succeed within these limits. This builds self-esteem.

Children need and want reasonable limits and rules. These should be rules your child can understand and follow. Don't be afraid that your toddler will dislike you if you don't always give her what she wants. Let her know you love her, but will not let her misbehave. Help her understand what the rules are, why they are needed, and what will happen if she does not follow them. Setting and enforcing limits shows your toddler that you will help her to grow up safely, competently, and "unspoiled."

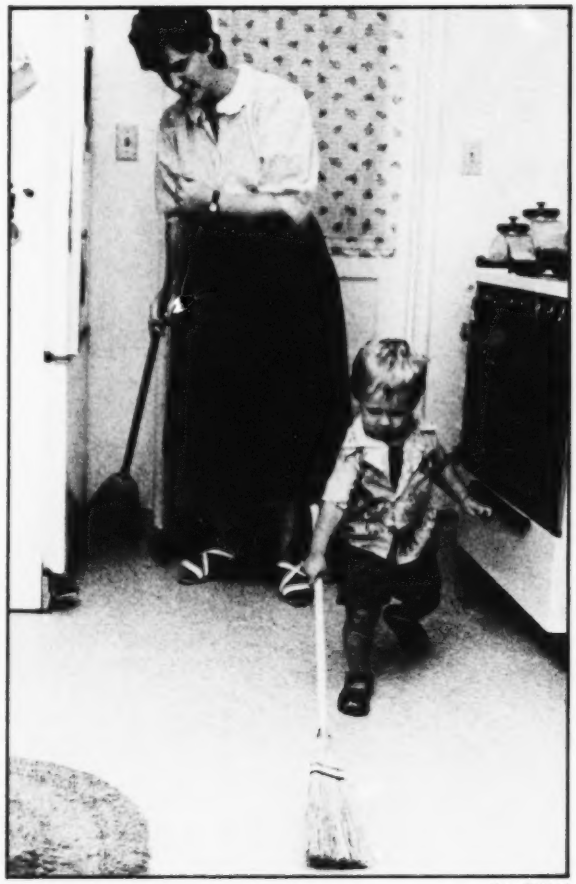
Be Good to Yourself

When It Seems Everyone Is Against You

Sometimes the other adults in your life seem to be criticizing you all the time. It's hard to be calm when someone is putting you down, but the way you respond can make a big difference. You can let them know that you ACCEPT what they say, but you don't have to AGREE with them. By accepting, you're simply saying, "I hear you." Here are some accepting words you can use to give yourself a little breathing room and avoid arguments.

- So you think I . . . .
- I'll think about what you said . . . .
- I can see how you might feel that way . . . .

If you don't argue, it's hard for others to keep putting you down.



Tracy Borland

Learning by Helping

Children learn best when parents are willing to share simple tasks with them, like cooking, cleaning, and other household jobs.

When your child tries to help you, remember to look for ways you can make helping fun for both of you. That way, your child will enjoy helping and will want to help more. Children can learn how to pour milk from a small pitcher by watching you. They can learn how to sweep the floor, pick flowers, and hang up clothes. Toddlers spend up to 20 percent of their time just watching, listening, and staring at you. They're learning how to imitate the things you do. When you let your little person help you, you are giving him a chance to practice what he has learned. He will make mistakes of course, but don't scold him for these. Instead say, "That was a good try. Maybe it would work better if you did it this way." Take the time to help him succeed now and later he will be able to do more things for himself and for you. This is time well spent for both of you.

Homemade Toys That Teach

Toss Bags

Why?

Toss bags can help your child develop muscles and coordination.

Materials

- Clean scraps of cloth, old adult socks
- Crumpled paper or short strips of cloth

Making the Toy

Make the bag by sewing squares or other shapes out of cloth or by tying ends of adult socks. Fill your bag with crumpled paper or torn rags and sew up or tie the opening. For safety double the bag covers and make the bags at least as big as tennis balls.

Playing

Toss bags are fun just to throw; they can also be thrown at targets or into wastebaskets or tossed to other people. You can tie a string to the toss bag and attach it to a playpen or a high chair for drop-and-pull-back games.

Tracy Borland

Play Is Fun, Not Work

In each issue of ***Parent Express***, we describe games you can play with your toddler for enjoyment and for growth. These games will help him solve problems, understand the world, and learn the things he will need to know to succeed in school. ***Remember,*** these games should be fun for both you and your child. If you turn the games into work or into contests, your toddler will not want to play them. He might become discouraged about learning new things or feel like a failure. This will rob both you and your little one of the enjoyment and learning you can have together.

Play the game only when you and your toddler both want to play it. Stop the game before your child gets tired or bored. This may mean playing the game only for a few minutes. Don't criticize your child for mistakes or failures; do praise his efforts and his successes. Use your imagination to vary the games so that they are more fun; encourage your little one to do the same. Make the play challenging but not frustrating for your child.

Play and learning go together, especially for your toddler. Keep play light, creative, and fun.

Sharing Is Hard

"Mine! Mine!" Do you hear that a lot from your little one? Sharing is a very difficult thing to learn. We don't expect children to be able to share until they are about 3 years old, but you can begin to lay the foundation now.

How do you teach your child to share? Children probably learn best by having many good sharing experiences over a long period of time. You need to talk about what's mine and what's yours, what's daddy's, what's mommy's, and even what's doggy's. It also helps to demonstrate sharing behavior. For example, you've just cut an apple in half. You can say, "I have a red apple and I will share my apple with you."

If there are other children in your home, your child may need to learn sharing more quickly. Be sure she has some things that are just for her, that she does not have to share. She will need a lot of help from you to learn to share. Be patient and don't expect true sharing until your young one is older.

HE or SHE? HIM or HER?

Parent Express gives equal time and space to both sexes. That's why we take turns referring to children as "he" or "she." Please note: when we use he or she, we include all children.

WHAT'S IT LIKE TO BE 17 AND 18 MONTHS OLD?

How I Grow

- I like to lug, tug, and drag things.
- I want my own way almost all the time.
- I can walk upstairs if you will hold one hand.
- I like to run but I fall or bump into things sometimes.
- I'm beginning to use one hand more than the other.
- When things don't go the way I want them to I get angry.
- I'm learning to creep backward downstairs.
- I like to grab anything I can reach.

How I Talk

- I understand more words than I can say.
- I'm getting good at imitating words.
- I often have long, babbled conversations with myself.
- Sometimes I will do what you ask me to do.
- I try to sing and I like to have you sing to me.
- Sometimes I can ask you for what I want, like a cookie, by naming it.
- I can say about ten words, but mostly I use the word "no."
- I am beginning to understand the meaning of "now."

Play I Enjoy

- I like playing with nesting toys and stacking toys.
- I often run around without any particular plan.
- I like pushing wheel toys and large toy boxes and other things like that around the floor.
- I may be able to string large, colored, wooden beads.
- I like blowing bubbles.
- I still don't play very long with any one thing.

Vivian Halverson

Tracy Borland

What I Have Learned

- I can fit a round block into a round hole.
- I can point to one or two parts of my body if you name them.
- I can copy the simple lines you make on paper.
- I may be able to match circles and squares on a form board.
- I am beginning to remember where things belong.
- I can use a stick to get a toy.
- I can build a tower of two or three blocks.
- With your help I can turn pages of a book.

How I Get Along with Others

- I'm still mostly just interested in myself.
- I may be grabby and greedy.
- Sometimes I'm stubborn and bossy and sometimes I'm loving; in a few months I'll be calmer and friendlier.
- I may be afraid of some things, like thunder and lightning and large animals.
- I may have temper tantrums when I'm tired, angry, or frustrated.
- I still love to show off and get attention.

What I Can Do for Myself

- I can help put toys away.
- I may be able to turn on some faucets.
- When I'm ready for bed, I may bring you my pillow or my favorite stuffed toy.

Games for Growing

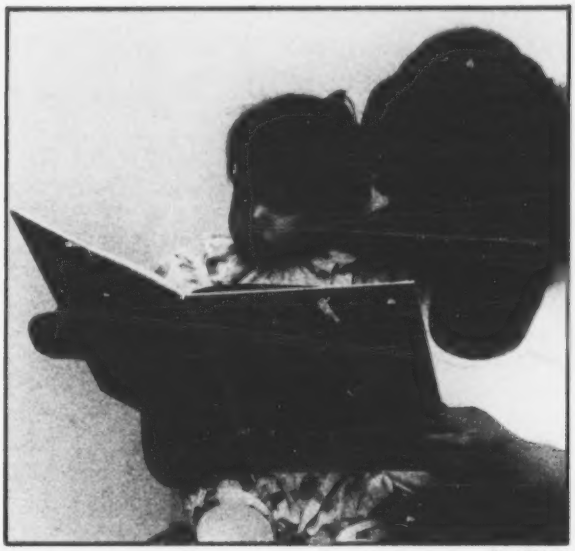
Sounds Things Make

Purpose of the Game

To help your child pronounce difficult words and learn to connect objects with sounds.

How to Play

- Sit together in any relaxed position.
- Imitate sounds for your child. Use your body to show action, like when a jet goes "zoom," a duck goes "quack," a fire engine goes "ding-ding-ding," a train goes "choo-choo-choo," a dog goes "wuuff-wuuff."
- After each sound you make, ask the child, "How does a jet go?" or "How does a dog go?"
- You can use a picture or model of the objects when you play this game.



Tracy Borland

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It's Always in the Same Place

Purpose of the Game

To help your child pick the can that a toy is under three times in a row so that he can learn to use clues like sizes, shapes, and so on to solve problems.

How to Play

- Sit with your child at a table or on the floor.
- Tell your child to turn around and not to peek.
- Put a toy under one of three different size tin cans.
- Ask your child to guess which can it is under.
- Change the position of the cans but *always put the toy under the same can.*
- When your child guesses the right can say, "Good, let's try it a few more times to see if you know where the toy is always hidden."

Remember—when playing *any* game with your child, be flexible. Change the way you play it and encourage your child to change the game too. Games should be fun for both of you.

Health

Toddler Immunizations

Every child needs immunizations during infancy and early childhood. Some of these immunizations are given in the first 6 months of life, but others are not given until the child becomes a toddler.

The first toddler immunization protects against measles, mumps, and rubella (German measles) and is called the MMR (measles, mumps, rubella) shot. It is given at 15 months to 18 months of age. Just one shot protects against all three of these childhood diseases.

Two of the immunizations given to toddlers—polio and diphtheria, tetanus, and pertussis or "whooping cough" (DTP)—are more of the same ones your child received as a baby. This series of immunizations is very important to protect against dangerous diseases like polio and whooping cough. Frequently, doctors and clinics give the polio and DTP immunizations at 15 months of age, along with the MMR immunization. Some doctors may delay the polio and DTP immunizations until the child is 18 months of age. Keep a written record of your toddler's immunizations so that you can be sure she has the ones she needs. You will need to show proof that your child has been immunized before she can go to nursery school. The following chart can help you decide if your child is up-to-date on immunizations. Ask your doctor for more information.

Age	Immunization	Number of doses
Younger than 2 months	None	
2-3 months	Polio (OPV)	1
4-5 months	Polio (OPV)	2
	DTP*/DT†	2
6-14 months	Polio (OPV)	2
	DTP/DT	3
12-14 months	MMR‡	1
15-17 months	Polio (OPV)	2
	DTP/DT	3
18 months	Hib Meningitis§	1
18 months to 4 years	Polio (OPV)	3
	DTP/DT	4

*Diphtheria, tetanus, and pertussis or "whooping cough."
†Diphtheria, tetanus.
‡Measles, mumps, and rubella.
§Recommended for child going to day care outside of home.

Nutrition

It's Okay to Eat a Little or a Lot

"You have to eat everything on your plate." Is this something you were told as a child? After all, no one wants to see food wasted. It's really unfair to ask your child to eat about the same amount every day. Some days your child will be very hungry and will want more than you've put on his plate. Other days he will be less hungry and won't want as much. Only your child knows how hungry he is, so let him decide how much to eat. Let him eat until he isn't hungry anymore, then let him stop.

Many parents worry that their toddler isn't eating enough, but most toddlers eat enough for growth and health. They don't need to be bribed or rewarded to eat more.

Don't punish your child for eating too little or for eating too much. If you do, your child will feel ashamed of his appetite and will begin to feel guilty about food. If there is food left on his plate, put it away for another meal or snack. If you find there is always food left on his plate, you may be giving him too much food and need to give less.

If your child asks for more of a certain food and you don't have any more of it, say you're sorry there isn't any more. Then offer more of the food that is still left. It takes a lot of patience to help children this age learn to eat well.

Tracy Borland

Guidance and Discipline

Guidance Ideas

Those who study the development of young children generally agree that spanking and other physical punishment (like shaking, pinching, and hitting) are not necessary for discipline and may be harmful to the child. Physical punishment, or the threat of it, is not likely to teach children to control themselves. In fact, it may teach them to be sneaky, aggressive, and fearful. It can also teach that hitting or hurting others is okay.

It is also harmful to punish a child by telling him you will leave him or stop loving him. Such threats can cause your toddler to feel he can't trust you or that he is not important to you. He may feel fearful and insecure, and he may be less willing to cooperate with you.

Here are some discipline ideas that work for many parents:

- Catch your toddler being good and praise him. Too often, parents forget to do this. Praise will encourage him to be good, and will help him to understand which of his actions you like. Don't let him think that you will only pay attention to him when he is being naughty.
- Tell your toddler what he *should* do instead of what he should not do. "Carry your coat this way," not "Don't drag your coat on the ground."
- Plan ahead. *Before* special visits and trips (like visits to grandma, parties, or shopping), explain clearly to your toddler how you want him to behave.
- Take toys along on trips to fight boredom and crankiness. Keep surprise toys or snacks in your purse for hungry or fussy times.
- Set things up to encourage good behavior. Within reason, remove things you don't want your child to touch. Limit visits with other children if you expect squabbles. Be sure your little one gets enough rest to avoid fussiness.
- Tell, don't ask. If you want your child to act in a particular way, tell him what you want; don't ask him. If you need to take him to the doctor say, "Now we are going to the doctor," not "Do you want to go to the doctor now?" If it's time to put toys away say, "Let's put the toys away now," not "Do you want to put your toys away?"
- Help your little one *want* to do what he needs to do. If you want him to pick up his toys, make it a game that you play with him. If he resists bath time, tell him a story in the bath.
- Offer alternatives. When your little one is doing something you don't want him to do, suggest or substitute something else that he might enjoy. "You can pour water in this basin, not on the kitchen floor." "You can throw the ball outside, not in the house."
- Give choices. Sometimes you can help your toddler exercise his growing independence and get cooperation at the same time by giving him a choice. "Will you put your toys away in the basket or in the box?" or "Are you going to wear your sweater or your jacket when you go out to play?"
- If you find yourself getting very angry at your child, take time out. Put your toddler in a safe place, tell him you are upset and that you need to be quiet for a few minutes. Then go to another place and try to relax. After this, it will be easier for you to guide him calmly and sensitively.

If you must discipline your child, have your little one spend a few minutes alone in his room and take "time out." More about this later.

Show Your Toddler He's Important to You

We feel better about ourselves if we think we are important to others. This is especially true of toddlers. They are forming opinions about themselves. Whether they feel loved, capable, and important depends on how they are treated by people who care for them. Show your toddler you care about him and respect him. Let him know you love him just for being himself, not for what he does. Tell him you thought about him during the day while you were gone. Tell him that you like his smile, his laugh, his toes, and ears. Show him you're proud of all the things he is learning to do. Tell him how much you enjoy doing things with him.

Don't assume he knows all this just because you take care of him. Take the time to put your affection into words. Loving words that come from the heart can never be said too often.

Coming Next: Temper Tantrums; What Are the Terrible Twos?

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Suggested Reading

For more information on development and care of toddlers we suggest the source books ★ starred, as well as:

Your Child From One to Six by Richard Granger (1978). Washington, D.C., U.S. Government Printing Office (available for $2 from Superintendent of Documents, U.S. Government Printing Office, Washington, D.C., 20402).

Parent Express is available from ANR Publications, University of California, 6701 San Pablo Avenue, Oakland, California 94608-1239, (415) 642-2431.

Parent Express is a series of 27 age-keyed booklets of research-based information for parents of infants and young children. Three booklets contain information on prenatal and birth issues; the next 12—one for every month of the baby's first year—focus on development and care of infants; and the last 12 focus on development and care of children ages 13 to 36 months. The booklets are written by the Human Relations Staff, Cooperative Extension, University of California.

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A SERIES OF BOOKLETS FOR PARENTS OF INFANTS AND TODDLERS

19 AND 20 MONTHS

Dear Parents:

Your Child *Is* Special

Isn't it nice that your child is like no other in the whole world? With every issue of ***Parent Express***, we have included a reminder to parents that perfectly normal children differ in the sequence and speed of their development because parents often worry that their children are not developing as they should.

Those who study young children agree that the one predictable thing about children's development is its variability. Normally developing children may walk as early as 7 months, but many do not walk before they are 18 months old. Normal children may begin talking at 8 months or at 24 months, and so it is with all learning.

Your child naturally enjoys learning new skills. You can support and encourage this learning, not by pushing or criticizing or comparing your child with other children but by teaching, encouraging, and celebrating her own successes.

Tracy Borland

Happy Dancing

Toddlers like to do things with their parents. They like music and rhythm and body movement. Happy dancing combines all these things. Turn on some music. Teach your child to do a happy dance. Dance to fast music and to slow music. Hold hands and dance together. Clap your hands to music or use large wooden spoons or beat on something that makes a nice noise. Show your little one how to keep the rhythm and play along with the beat. Chidren grow up to like the kind of music they hear when they are little. Play different kinds of music and your child will learn to like many kinds.

Remember, ***Parent Express*** describes a typical child at each age. Each child is special and each child develops at his or her own pace. Perfectly normal children may do things earlier or later than those described in ***Parent Express***. If you are concerned about your child's development, see your doctor.

Division of Agriculture and Natural Resources • University of California ANRP007

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Alfred Smith

Nutrition

Mealtime Is Mess Time

Toddlers are messy eaters. You can bet that a lot of food will end up on the floor. If you are worried about the carpet or floor, put an old sheet under the high chair. You can shake it out after meals. When it gets really dirty, you can wash it.

Things that make eating easier for your toddler are small, unbreakable items, such as a:

- Spoon with a short handle
- Bowl with sides to push food up against
- Cup that your toddler can circle his hands around and pick up. (This cup shouldn't tip over easily. If you use a training cup with a lid, it can make drinking easier.)

There will be lots of spills. Most of the time they will be accidental. If it happens three and four times in a row, your toddler might be playing or trying to get your attention. This means it is probably time to end the meal.

Serve your toddler food at the same time everyone else is eating. Your toddler will learn how to eat by watching you and other family members eat. Don't expect good table manners yet. Your child will learn these gradually over the next few years.

A high chair can help. Toddlers are such busy little people they might not want to stop to eat when it's time for a meal or snack. When you put your child in a high chair, he knows that it's time to stop what he is doing and eat.

Homemade Toys That Teach

Milk Carton Blocks

Why?

Block play allows young children to experiment with patterns, shapes, and sizes. They learn how to stack things, and they learn what happens when stacks are knocked down. These lightweight building blocks, which cost almost nothing to make, are very popular with children.

Materials

- Milk or cream cartons
- Heavy plastic or duct tape

Making the Toy

Take any two cartons of equal size and cut them to the same height. Turn one over and slip it inside the other so that it makes a block. Secure the edges with duct tape or heavy mailing tape—a kind children can't peel off and swallow. You can cover the blocks with adhesive paper or you can paste letters, numbers, or pictures on them.

Sherry Nolte

HE or SHE? HIM or HER?

Parent Express gives equal time and space to both sexes. That's why we take turns referring to children as "he" or "she." Please note: when we use he or she, we include all children.

Special Toy or Blanket

Lots of children have special blankets, teddy bears, or toys. Some children take up with the strangest things. They claim them and call them their own forever—or at least until someone makes fun of them. The most common favorite object is a blanket. Your little one may appear every morning with one thumb in the mouth and the other hand clutching a ratty, tattered blanket.

There are some stories about security blankets that would truly surprise you. Heaven forbid if it should get lost, stolen (who'd want it?), or washed. Yet that blanket or teddy bear or toy represents a friend who has shared your child's life through thick and thin, in sickness and health, in good times and bad. Most of us would welcome such a friend if it could do as much for us.

What do you do about these special comforts and attachments? You leave them alone, because in time your child will realize the blanket or bear or other toy isn't going to solve life's problems. He will come to realize he can solve his problems by himself. For now let him enjoy his comforting "friends."

Be Good to Yourself

Give Yourself a Present

Taking care of a toddler can leave you feeling you never have a moment for yourself. If you're feeling stressed out, give yourself a present—some time just for you. Trade babysitting with another parent, or trade a service like cooking a meal in return for a few hours of babysitting. You've earned it, you deserve it, and you don't need to be embarrassed to ask for it. Here are some suggestions for spending time on yourself:

- Take a long bubble bath, a walk, or a swim, see a movie, or read a book.
- Plan your future—investigate classes you might take, jobs you might like, activities you would enjoy.
- Spend time with a friend—without children.
- Talk to someone about the stress you feel and what you might do to reduce it.

The time you take just for yourself will help you feel refreshed and ready to face parenthood again.

Tracy Borland

Sometimes Change Takes Time

Does it sometimes seem that your child changes almost too fast, while at other times he learns important things so-o-o-o slowly? Believe it or not, your little one wants to learn and is doing his best. Some things are just hard for him to get the hang of. You can help by being patient and calm and by encouraging and praising each *tiny* accomplishment. That way, he won't get upset and have trouble learning.

If your messy eater gets two spoonfuls of applesauce in his mouth without spilling much, let him know you are pleased. If he plays with another child just 5 minutes without squabbling, compliment him.

Let him know you appreciate what he can do. Try not to criticize what he cannot do. He'll learn faster and you'll both feel better.

WHAT'S IT LIKE TO BE 19 AND 20 MONTHS OLD?

How I Grow

- I explore a lot.
- I may be able to kick a large ball.
- I like being independent but sometimes I want to act like a baby.
- I can run without falling too often.
- I can stand on either foot holding on.
- I still like to climb on everything.
- I don't know about safety so I count on you to keep things safe for me to explore.

How I Talk

- I'm very good at saying "no."
- I love to name things.
- I can follow simple directions.
- I like to be read to.
- I can say about 15 words.
- I like to listen to nursery rhymes.
- I ask a lot of questions, mostly by saying "why?" or "what's that?" Be patient with me. I am just trying to learn.

What I Have Learned

- I can pull the toilet paper wa-a-a-y out.
- I can put two pieces together to form a simple figure.
- I'm beginning to know what things are for, like a hammer is for banging.
- I can draw an up and down line pretty well.

How I Get Along with Others

- I love cuddling.
- I like to help you do simple things.
- I'm still not much interested in other children.
- I may treat other children like they were things; I may hurt them.
- Even when I'm with other children, I like to play alone.
- I want to keep my toys to myself and I may hide them so others can't play with them.
- I need time to get to know people; I'm afraid of some people.
- I like to do things without adult help.
- I may be less friendly to adults but this is just temporary.

What I Can Do for Myself

- I can brush my own teeth.
- Sometimes I will let you know when I'm going to have a bowel movement.
- I can let you know when I need dry clothing.
- I go to bed without complaining.
- I can feed myself pretty well.

Play I Enjoy

- I like to play alone but I like adults to be near me.
- I like picture books and I love looking at pictures of myself.
- I enjoy swinging on a swing.
- I like dressing up in adult's clothes and pretending I am an adult.
- I like to have you sing to me.
- I like making mud pies and pretending to eat them.
- I like to take toys apart.
- I like rides and walks.
- I like to look at myself in the mirror.

Sherry Nolte

Games for Growing

Big and Little

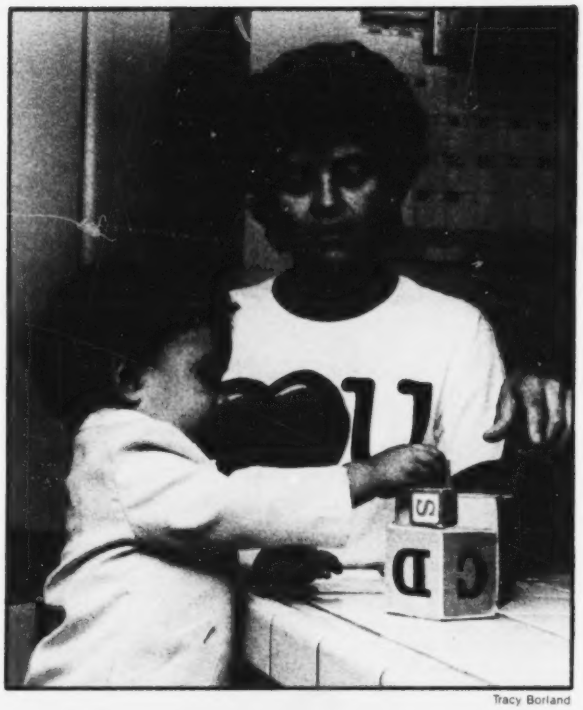
Purpose of the Game

To teach your child about opposites and sizes.

How to Play

- Sit in any relaxed position.
- Place three big and three little blocks on the floor.
- Pile the blocks up in different patterns and describe what you are doing. For example, "Now I'll take the big block. Now I'll put the little block on it," and so on.
- Now say something like, "We need a big block. Give me a big block" or ask for the little blocks so that your child learns the difference between big and little.

Encourage your child to make up other block games or big and little games you can play together.



Tracy Borland

Touch a Word

Purpose of the Game

To help your child point to objects named and learn the words for these objects.

How to Play

- Sit with your child.
- Turn pages in a baby's picture book and say to your child, "Where's the car? Touch the horse."
- Then say, "Now look at this. This is the word for car." Point to the word and then say, "Point to the car. Touch the word for car."

Remember, play this and any game only if it is fun for both you and your child.

Tracy Borland

Toddler Talk

Let Me Play in Water and Sand

Let me play in sand, dirt, and mud even if I get dirty. A pile of sand or dirt in the corner of the yard will be great. You can make a sandbox by filling an old tire with clean sand. Keep the sandbox covered when it's not in use to keep out cats and dogs.

Let me play with water. Bathing, filling and emptying containers, and washing dishes are great fun. Give me a plastic bucket or can filled with clear water and an old paintbrush. I will paint the sidewalk, the house, and everything I can reach. Put a small dishpan of water on the kitchen floor or outdoors. Add a funnel, sponge, measuring spoons and cups, a washcloth, and a plastic squeezebottle. I'll enjoy pouring, squeezing, washing and squirting. Remember, don't leave me alone with water; I can drown in less than 2 inches of water.

All this is teaching me about the world I live in—and it's lots of fun.

Watch Out

Avoid Burns

Burns are among the most serious and painful injuries to children. The problems, pain, and disfigurement from a burn could last the rest of your child's life. Most burns to children occur between birth and 4 years of age.

Most burns to children are caused by:

- Scalds from hot liquids and foods such as coffee, tea, and grease.
- Contact with hot surfaces such as stoves, irons, and heaters.

These burns occur most often in the kitchen when hot liquids are spilled while you are cooking and serving, and when appliances are hot.

During this early age children grow so fast parents are often not prepared for what a baby can do. Toddlers can pull hot food off a table or touch a hot stove while they are trying to walk. A 2 year old will get underfoot in the kitchen and you can spill hot food on him.

Parents often change their habits and household after the burn to their child has happened rather than before. Remember that your child will surprise you with his ability. Expect him to change overnight. Be prepared:

- Never eat, drink, or carry anything hot when you are carrying your child; you can't handle both!
- Never leave anything hot on the edge of a table or counter.
- Be especially careful when your child is with you in the kitchen. Don't let him play in the kitchen when you are not there.

Joan Kreeger

Guidance and Discipline

Temper Tantrums

Sometimes children between the ages of one and three have temper tantrums. They may cry, shout, hit, bite, throw themselves on the floor, and kick. Some hold their breath. You may not know what started the tantrum. You certainly know you want to stop it!

Some children have tantrums because they have learned it is a way to get attention or to get something else they want. Others imitate parents who have quick tempers. Tantrums probably mean that the child is overcome by anger or frustration. Maybe she has been told too often what she cannot do. Children seem to have temper tantrums most often when they are overtired, hungry, or very excited. Although temper tantrums are normal for children this age, they don't happen as often if the child feels loved and important.

There is no magic way to handle tantrums, but here are some suggestions:

- Try to remain calm—often hard to do.
- Keep your child from hurting herself or others.
- Separate her from other children or from the place where she's having her tantrum or just hold her in your arms.
- When your child has calmed down, comfort her and try to understand the reason for the tantrum.
- If you give the child what she wants when she has a tantrum, she might learn to use tantrums to get her own way.

Health

Give Your Child a Lifetime of Happy, Healthy Smiles

Your child's first teeth are important for:

- Helping your child chew and talk.
- Saving space for permanent teeth to grow in straight.
- Helping your child feel good about her smile.

By following a few easy steps you can avoid dental problems in your child's future:

- Gently clean your baby's teeth and gums daily with a damp cloth, gauze, or toothbrush.
- Feed only formula, milk, or water from a bottle. Do not add sugar.
- Offer the bottle only at feeding time.
- If you use a pacifier to comfort your baby, never dip it in any sweet substance.
- If your drinking water is fluoridated, make a habit of encouraging your child to drink it. If your child's drinking water is not fluoridated, ask your doctor about fluoride supplements.
- Take your child for a dental checkup when she is between 2 and 3 years old.

Questions Parents Ask

What Are the Terrible Twos?

Q. I've heard about the terrible twos. What are they and how do I cope with them?

A. Terrible twos may not be terrible, but they can be difficult. Most toddlers go through a period at about 2½ years old—some as early as 18 months, some much later—when they seem to delight in doing just what you do not want them to do. This happens because toddlers are learning independence at this age. They have the physical ability to do things on their own and are learning that they can have some power over others. They have learned to say "no" and "I want." To practice all these new abilities, they want what they want right now, and they let you know this very clearly. Sometimes they demand things they shouldn't have, and sometimes they demand things they don't even want just to show how powerful they are.

Remember, when your toddler reaches this stage, he is not being deliberately nasty. He's just showing that he is growing up. Be patient. Use the guidance ideas we have discussed in this series. In a few months, your toddler should be moving out of this difficult period.

Research in Brief

Secure Toddlers Are More Compliant

There has been a lot of research on the relationship between parents and their young children. For some this relationship is close and loving, but for others the relationship is tense and uncomfortable. In a close relationship the child feels secure. She feels she can count on her parents for affection, care, and protection. Dr. Alice Sterling Honig reviewed studies of parent-child relationships. She concluded that a close, secure relationship between parent and child occurred when the parents were aware of the child's distress and were able to quickly and successfully comfort the child. She writes, " . . . children are more likely to obey parental signals if they have a positive, harmonious affectional relationship with their parents." (Honig 1985, pp. 51–52.)

Tracy Borland

Coming Next: Hassles In Public; Choosing Child Care

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Suggested Reading

For more information on development and care of toddlers we suggest the source books ★ starred. For information on first aid for young children we recommend:

The First Aid Chart by the American Academy of Pediatrics (up-to-date, accurate information); order by calling toll-free 800-433-9016 or writing American Academy of Pediatrics, Publication Department, 141 Northwest Point Blvd., P.O. Box 927, Elk Grove Village, Ill. 60007. Cost is $1.

For other good information on first aid for young children and first aid classes, contact your local Red Cross office.

Parent Express is available from ANR Publications, University of California, 6701 San Pablo Avenue, Oakland, California 94608-1239, (415) 642-2431.

Parent Express is a series of 27 age-keyed booklets of research-based information for parents of infants and young children. Three booklets contain information on prenatal and birth issues; the next 12—one for every month of the baby's first year—focus on development and care of infants; and the last 12 focus on development and care of children ages 13 to 36 months. The booklets are written by the Human Relations Staff, Cooperative Extension, University of California.

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A SERIES OF BOOKLETS FOR PARENTS OF INFANTS AND TODDLERS

21 AND 22 MONTHS

Alfred Smith

Dear Parents:

Your Little One Is Becoming More Sociable—But You Are Still Number One

You know by now that the very best plaything your little one can have is a caring adult. In other words, she needs someone like you who will play with her and enjoy her explorations.

Your toddler will be watching other children playing and may even follow after them. At this age, though, your child is more interested in you, her own play, and her own toys than in other children. Poking, touching, and pushing are her ways of showing interest in other children. She may develop interest in a special friend her own age if that friend is with her a lot. You will notice your child will smile more and fight less with this friend than with a child who is a stranger.

From 2 to 3 years of age, your child will become more social and will enjoy playing with other children. Groups of children play best when they have the same toys or materials. They will fight less if there are two blue trucks the same size or two dolls instead of one doll and one truck.

Play is the main activity of childhood. It is the way children learn about themselves, their family, and their world. Let your child play alone sometimes, but also make time to play with her. You'll learn about her, she'll learn about you, and you will be helping her to grow.

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Choosing Child Care

If you want to stay home to raise your baby and are able to do so, then you certainly should. You and your baby will gain from your time together. However, if you want to (or have to) work outside the home, then staying home with your baby might be a mistake.

There are two important questions to ask yourself before you decide on a caregiver. First, is she or he very fond of your child? Toddlers need lots of loving and attention.

Second, will she or he be there during the hours you need in the months to come? Toddlers need to form close bonds with people, and can suffer if they have too many caregivers.

Children do best when their parents are happy and when they have a caring, sensitive caregiver at home and in day care.

You may worry about leaving your child in someone else's care. The more you trust your caregiver the more secure you will feel. Here are some things to look for as you decide on a child care arrangement:

Does the caregiver—

- Have child-rearing attitudes similar to yours?
- Understand what children can and want to do at different stages of growth?
- Spend time holding, playing with, and talking to your child?
- Have enough time to look after all the children in his or her care?
- Welcome visits from parents?

Does the home or center have—

- A clean and comfortable look?
- Equipment that is safe and in good repair?
- Nutritious meals and snacks, if provided by the caregiver?

Are there opportunities for children—

- To be held, cuddled, rocked, smiled at, talked to?
- To relax and rest when they need to do so?
- To walk and explore safely?
- To play with things that develop their senses of touch, sight, and hearing?
- To learn language? Does the caregiver talk to the children, name things, describe what she or he is doing, respond to the children's actions?

HE or SHE? HIM or HER?

Parent Express gives equal time and space to both sexes. That's why we take turns referring to children as "he" or "she." Please note: when we use he or she, we include all children.

Tracy Borland

Research In Brief

Day Care for Children

Do children who are cared for in day care centers or day care homes develop more poorly than those who are cared for at home by a parent? This question concerns many parents. Dr. Joanne Curry O'Connell of Northern Arizona University studied the research on this question. She concluded: "A review of research evidence leads to this conclusion: no consistent, adverse effect of out-of-home child care has been found by over a dozen child development investigators." (O'Connell 1983, p. 68). In other words, as far as we can tell, children cared for outside their home generally do as well as those cared for at home by parents. Some children develop better in out-of-home child care, some do better with in-home parent care.

What is best for your child? That depends on your child, the way you care for your child at home, and the quality of out-of-home child care available to you. It is important that you choose day care carefully. For suggestions see: "Choosing Child Care."

Tracy Borland

Homemade Toys That Teach

A Simple Puzzle

Why?

This toy will help your child learn about shapes and sizes. It will also help him learn how to solve problems and to fit things together.

Materials

- Stiff paper
- Colorful, simple pictures from magazines or calendar
- Child safe glue (Check the bottle to be sure it says nontoxic or child safe.)

Making the Toy

Glue the picture on to the stiff paper and cut it into two or three pieces.

Playing

Help your child learn to fit the pieces together to make the picture. To make this more challenging, cut the picture into more pieces.

Toddler Talk

Help Me Play with Another Child

Help me learn to play with another child. I may push or poke to say hello. You can show me how to touch gently or use words as hello. Stay near me while I play with her so I can come back to you quickly. Don't force me to share my favorite toys. Help me look for toys that my friend can play with. I still may take the toys away. This isn't because I want to play with them, I'm just not sure I want the other child to have them. If we go to another house to visit, let me take a few of my own toys with me. I'll feel better if I know I can take them back home.

Happy Routines

If you can do the same thing in the same order every day, your child is likely to feel more safe, comfortable, and secure. He'll know what's coming next. He'll know what he should do. Here are some simple routines that are not too hard to stick to.

Have quiet time and bedtime at the same time everyday. You can help your little one get used to routines by telling him that when he has finished lunch, it will be time to rest, or that after you read one more book, it will be time for bed. Other routines that you can set up are:

- Getting your little one dressed as soon as he gets up in the morning.
- Brushing his teeth after breakfast, lunch, and dinner.
- Washing his hands before he eats.
- Picking up his toys before dinner (or at some other convenient time).
- Saying good night to every member of the family, maybe including dogs, cats, and assorted toys before going to bed.

You can help your child learn about routines and time by letting him know that the mail comes at 10 o'clock or we go to the grocery store on Saturday or mommy or daddy comes home at 6 o'clock.

Helping at Home

Help your child become a proud working partner in your family. Even young children can help with some household jobs. In helping, your child will begin to learn responsibility and will develop pride in being useful. Begin by helping your child with the task. Keep each task simple. Tell your child what a good job he's done.

Here are some tasks a toddler can do:

- Pick up unused toys and put them in proper places.
- Put books and magazines on the shelf.
- Put napkins and silverware on the table.
- Clean up the floor after eating.
- Help wipe up after accidents.

Remember, don't expect more than is reasonable from your toddler. Do expect him to help and do praise his accomplishments.

Remember, ***Parent Express*** describes a typical child at each age. Each child is special and each child develops at his or her own pace. Perfectly normal children may do things earlier or later than those described in ***Parent Express***. If you are concerned about your child's development, see your doctor.

WHAT'S IT LIKE TO BE 21 AND 22 MONTHS OLD?

How I Grow

- I'm becoming a little less self-centered.
- I love to run, throw, and climb.
- I can walk upstairs with both feet on each step holding a railing.
- I am probably using one hand more than the other.
- If you fold a paper, I can imitate you.
- I can obey about three directions.

How I Talk

- I can say about 20 words.
- I like to have you sing me rhyming songs.
- I like to look at books, but if you don't watch me, I will tear them.
- I try to follow directions.
- I like to hear stories.
- I can ask for things by name.
- I can point to five body parts on myself or my doll.
- I can help with simple tasks.

What I Have Learned

- I'm interested in very tiny things, especially bugs. Watch what I put in my mouth.
- I can recognize and name people I know from photographs.
- I can put together a simple picture puzzle if it has only two or three large pieces.
- I love to build and knock down, empty, pull apart, feel, twist, and squeeze everything I can get my hands on.
- I am really curious about people, animals, birds, and everything that I see.
- I like listening to nursery rhymes, and if you help me, I can repeat them.
- I can recognize a picture in a book even when the book is upside down.
- I can build a tower of four or five blocks.

How I Get Along with Others

- I'm developing a mind of my own, so I don't respond so quickly to requests and often do the opposite of what I'm asked.
- I can understand what's mine and what's yours.
- I try to tell people what I have seen and done.
- I'm beginning to be sympathetic to other people and I can sometimes cooperate with others.
- I can show love to you and other favorite people.
- I'm becoming easier to get along with, but I still get demanding at times.

Tracy Borland

What I Can Do for Myself

- I can wash and dry my hands.
- I can hold a cup and drink from it.
- I may be able to put on my shoes, but I still can't lace them, and I may put them on the wrong feet.
- I *may* be able to put things where they belong.
- I can pick up and put away my toys if you will help me.
- I like to sweep, dust, mop, hammer, vacuum, shovel, scoop, or rake because I have seen you do these things.

Play I Enjoy

- I like to fit things together.
- I enjoy using a toy telephone.
- I like to pull things around in a wagon or cart.
- I like playing tag with you or an older child.
- I can put rings on a spindle toy.
- I like to pretend, like wrapping up my doll or stuffed animal and putting it to bed.
- My feelings are easily hurt by criticism.
- I am continually testing the limits you set and trying to get my own way.

Games for Growing

Hard and Soft

Purpose of the Game

To teach your child to group objects by touch and learn words to describe the way things feel.

How to Play

- Sit on the floor or at a table by your child.
- Place hard and soft things together in a pile. For example, you may use blocks, bottles, rocks, and so forth as hard objects, and soft toys, cotton balls, pieces of cloth as soft objects. Show her how to tell which things are soft and which are hard.
- Ask your child to place the hard things in one pile and the soft things in another.
- If your child cannot do this, take the hard things and say, "These are hard. Put them in one pile."
- Put the objects all together in one pile and repeat the game.

Other Grouping Games

You can ask your child to group fuzzy and smooth objects separately, or sticky and clean objects, or wet and dry, hot and cold, heavy or light things. Change the game to keep it fun for your child and you.

Tracy Borland

Paper Folding

Purpose of the Game

To teach your child to imitate and to use his small muscles.

How to Play

- Sit in any relaxed position.
- Fold a piece of paper a few times in front of your child.
- Give your child a new sheet of paper. Ask your child to fold it. If your child doesn't fold it, fold your sheet again step by step. Ask your child to fold as you do.
- When this is done, get new sheets of paper and do the same thing again.

Tracy Borland

Play and Playthings

We write a lot about play and toys in ***Parent Express***. We do this for many reasons, but probably the most important reason is that parents and children enjoy play so much. Playing times are special. They help you and your child share love and happiness, but play is not just a way to have fun. It is also one of the best ways we know to help children learn and grow.

When they play, toddlers learn how to use their bodies. They learn about the way things look, feel, stack, fall, and fit together. Playing games helps them to figure things out and later helps them to share and cooperate. All this will help your child to become the friendly, intelligent, and successful person you want him to be.

Set things up to encourage play. Keep a drawer of safe things for your child to play with in rooms you use a lot so he can play and be near you. Keep a box of tub toys in the bathroom for bath-time play. Change the things you let your toddler play with from time to time to give him variety. Remember, the best toys can be things you already have around the house like plastic containers, wooden spoons, pans, empty cardboard cartons, pillows, and old magazines.

Putting Words to Action

You can help your little one learn words by talking about what you and he are doing. If you're making cookies and he's watching, tell him about what you're doing. For example, you might say, "First we sift the flour and put it in the bowl. Now we add the eggs. Plop! Plop! Now we mix and mix and mix. Then we'll scoop cookies out, plop them in the pan, and pop them into the oven." Your child will hear the words "sift," which is very hard to say, "plop," "mix," "scoop," and "pop." These are fun words to hear and fun to say. Use words with your child just as you use toys. None of us grows and develops in only one area at a time. Your child uses his eyes to watch your actions, his mouth and tongue to put words to your action, and his small and large muscles to imitate your actions. Putting words and actions together can help him develop all these skills.

Your toddler's attention span is very, very short. A few minutes of the cooking lesson and he'll be up and away to bigger, better things. Remember, too, that hot water, sharp kitchen utensils, and heavy objects can hurt your child. Always watch him when he is in the kitchen.

Nutrition

Chewing Isn't Easy When You Don't Have All Your Teeth

By now your toddler has some but not all her baby teeth. She probably will not have all 20 baby teeth until she is about 2 to 2½ years old.

Your child doesn't have enough teeth to chew well, so she might swallow larges pieces of food that could cause her to choke. Choking on food is a real danger for toddlers. For this reason, grind meat and cut all food into small bite-size pieces. The foods toddlers choke on most often are hot dogs, candy, nuts, and grapes. Hot dogs aren't a very nutritious food. If you do give them, cut them in quarter circles. Never cut them into full circles as they can get stuck in your child's throat. Cut grapes in quarter sections and break nuts into small bits. Don't give your toddler candy very often. When you do, be sure it is in small pieces that can't possibly get stuck in your child's throat.

Other foods that sometimes cause choking are popcorn, chewing gum, and lollipops. Since these foods aren't very nutritious, don't give them to your toddler.

If your child starts to choke on something, pick her up and lay her chest down across your lap. Then tap on her back to dislodge the food. Don't pound or slap your child too hard as you can break your toddler's ribs. While you are doing this, have someone call the emergency number just in case she continues to choke.

Vivian Halverson

Be Good to Yourself

Give Yourself a Pat on the Back

Sometimes when life gets tough, we forget to look at the good things about ourselves. But we need to give ourselves credit, even if no one else does.

- Praise yourself often—not just for moving mountains, but for climbing molehills too. Say, "Good for me! I got through the day without yelling at anybody!"
- Talk to yourself when you know a tough situation is coming. Say, "I know I can get through this job interview. After all, I did call and make the appointment, and I've written a good application letter."
- Look at the good side. Say, "I didn't finish cleaning the whole house, but I got the downstairs done, and that's the hardest part."

Remember, no one is a perfect parent, daughter, husband, or wife. Give yourself credit for all the good parts about you, and work on improving the others.

Safety

Injury Prevention

Your toddler is becoming a real explorer. She climbs, runs, walks, and rarely sits. You need to protect her in special ways. There are three major dangers you can help your child avoid:

Poison: Your toddler explores with her mouth. Everything goes in her mouth. Keep *all* medicines and household products away from your child. All medicines should have safety caps. Keep the poison control center telephone number and your doctor's telephone number near your telephone. Have syrup of ipecac on hand, but don't use it unless poison control, a doctor, or a nurse tells you to.

Automobiles: Always put your child in a car seat and buckle both the seat and your toddler. When a car stops suddenly, children and adults continue moving until something stops them. Do not hold your child in your lap. When you are taking your child to and from the car, make sure you are holding her hand. Toddlers are unpredictable and may quickly run in front of a car.

Water: Many children love to play in water. Never leave your toddler alone in the bathroom or tub. Your child can drown in a tub or a toilet bowl. Never leave your child alone near water for even a moment. Even if your child is learning to swim, he is *not* water safe. Water wings or other swimming aids do not make him safe alone in water. If you have a pool, there should be a 4 foot high fence around it with a self-closing latch door.

Questions Parents Ask

What Can I Do about Soft Teeth?

Q. Soft teeth run in my family. Is there anything I can do to protect my child's teeth?

A. Babies aren't born with soft teeth. Most dental problems in children under 3 years are caused by baby bottle tooth decay. Many parents don't realize that formula, juice, and even milk contain some sugar. Cavities can begin when a baby carries a bottle around all day, nurses constantly, or is allowed to sleep with a bottle.

To protect your child's teeth:

- Feed only formula, milk, or water from a bottle.
- Limit bottle use to feeding time. Sleeping times are not feeding times. Do not put baby to bed with a bottle. If your child needs comforting at bedtime, put him to sleep with a favorite blanket, or stuffed animal.

Guidance and Discipline

Hassles in Public

Have you ever noticed that your toddler seems to be her naughtiest when you really want her to behave well? You are not alone.

Although there are no perfect solutions to this very common dilemma, the suggestions below may help:

- Be reasonable. Don't expect too much. Try to avoid situations that toddlers are too young to handle. The "What's It Like . . ." section in each issue of ***Parent Express*** may give you clues about what is reasonable to expect at each age level. If your toddler fits the description for months 21 to 22, you know, for example, that she likes to do things her own way, doesn't want to share toys, and may tear books. This may mean that play with age mates should be brief and visits to the library well supervised.
- Prepare. Toddlers this age can be disobedient and defiant, so be sure you have explained to your toddler before you go out what you will be doing together, how you want her to behave, and what will happen if she misbehaves. You could tell her how you will reward her good behavior. This reward could be a hug or a promise to tell her a story on your way home. If you expect her to be bored, hungry, or restless, take food or toys to keep her entertained.
- Follow through. If your toddler is behaving well, compliment her on her good behavior. If she is misbehaving, try to keep calm (not easy to do) and follow through on the consequences you had discussed with her. Try not to embarrass her—or yourself—in front of others. If possible, take her aside and tell her in simple words how you want her to behave. Don't give in to unreasonable demands. If you do, you are rewarding undesirable behavior and she will be more likely to repeat it.
- Redirect. When your toddler misbehaves suggest a new activity. Telling her "no" or "don't" is seldom enough. In the supermarket, for example, if she whines or fusses, ask her to help you find her favorite cereal or the apples, or talk to her about what you are doing.
- Have patience. No one said parenting was easy. Remember, your good guidance practices now will pay off later in making life easier and more enjoyable for both you and your child.

Coming Next: Toddlers Learn about Sex; Bedtime Talk

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Suggested Reading

For more information on development and care of toddlers we suggest the source books ★ starred. For information about books to read with toddlers we recommend:

A Parent's Guide to Children's Reading by Nancy Larrick (1982), Philadelphia, Pennsylvania: Westminster Press.

Read Aloud Handbook by James Trelease (1985), New York: Penguin Books, (paperback).

Choosing Books for Children by Betsy Hearne (1981), New York: Delacorte.

For Reading Out Loud: A Guide to Sharing Books with Children by Margaret Kimmel and Elizabeth Segel (1983), New York: Delacorte.

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A SERIES OF BOOKLETS FOR PARENTS OF INFANTS AND TODDLERS

23 AND 24 MONTHS

Dear Parents:

Build Your Child's Self-Esteem

A child's self-esteem is his overall judgment of himself. It determines whether or not he likes, accepts, and respects himself. One of the greatest and most important challenges you face is to help your child feel good about himself.

Children begin very early to form either positive or negative pictures of themselves. You can help your child feel good about himself by telling him that you like who he is and you like the way he does things. Let him know when you think he does a good job of putting blocks in a bucket—or dumping them out of the bucket. Thank him for putting napkins on the table, or hanging his towel up. Show him with smiles as well as words.

Tell your child what to do rather than what not to do. Instead of saying, "Don't carry the cat that way" say, "Carry your cat like this." That way, he'll feel like a success rather than a failure. Listen to what he says and respond to his questions. Take time to understand his feelings, his joys, and his fears. You are showing him that his ideas and feelings are important. All this will help him to feel important and capable. You are helping him develop the self-confidence to become the responsible, successful person you want him to be.

Tracy Borland

Remember, ***Parent Express*** describes a typical child at each age. Each child is special and each child develops at his or her own pace. Perfectly normal children may do things earlier or later than those described in ***Parent Express***. If you are concerned about your child's development, see your doctor.

HE or SHE? HIM or HER?

Parent Express gives equal time and space to both sexes. That's why we take turns referring to children as "he" or "she." Please note: when we use he or she, we include all children.

Division of Agriculture and Natural Resources • University of California ANRP007

BEST COPY AVAILABLE

Alfred Smith

Homemade Toys That Teach

A Shape Board

Why?

This toy can help children learn about shapes and about similarities and differences.

Materials

- Cardboard sheet about 8½ by 11 inches
- A bright colored crayon
- White paper

Making the Toy

Draw and color in simple shapes on the cardboard with colored crayon, a circle, a square, a triangle, and a star. Then draw, color, and cut out matching shapes from white paper.

Playing

Show your child how to match the cut-out shapes to the shapes drawn on the board. Talk about the pieces, naming their shapes. Ask her to put the star on the star, the circle on the circle, the square on the square, and so on. Remember, play this and any game only as long as it is fun for both of you. Encourage and praise your child's efforts; do not criticize her failures.

Be Good to Yourself

Good Parent–Bad Parent

Parents often think they aren't doing a "good" job if their children don't act the way they "should." No matter how good you are as a parent your child *will* misbehave. If you feel responsible for all your child's misbehavior you will feel stress. That stress is hard on you and can cause you to be hard on your child. This will make things worse for both of you. Instead of criticizing yourself, try to give yourself some positive messages.

For example, sometimes parents think, "If I were a good mother or father, my child wouldn't be having so many tantrums." How about telling yourself and your child, "We got through that trip to the store without any fussing at all!"

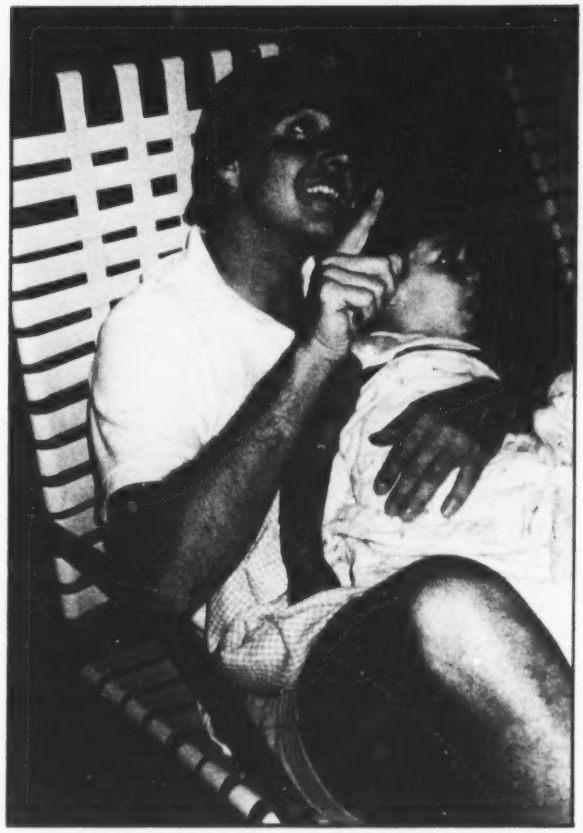
Young children need parents who try their best, but that doesn't mean we can succeed 100 percent of the time. We all make mistakes. When you're not feeling okay, do try your best but don't worry that you are not a super parent.

Give yourself and your child credit for the good times, and understand that nobody is perfect.

Toddler Talk

Give Me Lots of Different Experiences

- Make up a song or a story. Use my name and change the words to match my actions or feelings. This may help me calm down when I am cranky.
- Sing songs like "Rain, Rain, Go Away" and "Mary Had a Little Lamb." These simple songs will be easy for me to copy. I won't really be able to sing until I'm closer to 3 years old.
- Let me smell some sweet smelling spices like cloves, curry powder, cinnamon. Watch me closely so I don't eat them.
- Look at the sky at night with me. Point out the clouds, the moon, the stars.
- Keep me interested in my toys by dividing them into two boxes and switching boxes every week.



Joan Kreeger

Health

A New Immunization for Toddlers

Each year in the United States, thousands of children suffer from Hib meningitis, which is an inflammation of the covering of the brain caused by Hib bacteria. The disease is commonly called spinal meningitis. It can cause brain damage and is believed to be one of the most common causes of mental retardation in young children who were normal at birth.

The Hib bacteria is spread from person to person. Hib meningitis can strike any child, but children who attend child care centers and have contact with more children are at greater risk than children who stay at home.

Hib meningitis immunizations are given at 18 months. Although Hib meningitis immunization is not legally required, most departments of health strongly recommend that all children 18 months and older attending child care centers receive the shot.

Tracy Borland

WHAT'S IT LIKE TO BE 23 AND 24 MONTHS OLD?

How I Grow

- I can pedal a small tricycle.
- I can throw a ball into a wastebasket.
- I can walk down stairs alone, both feet on one step at a time holding on to the railing.
- I usually like to run more than I like to walk.
- I like to walk on low walls with one hand held.
- I can walk a few steps on tiptoe.
- I might be afraid of the noise of trains, trucks, thunder, toilet flushing, and the vacuum cleaner. I might also fear rain, wind, and wild animals. Be patient with me.

How I Talk

- I can ask questions just to keep the conversation going.
- I can answer some questions such as, "What is your name?" "What does the dog say?" "What does the cat say?"
- I can name almost everything that I see often, such as things in my house, my preschool, or my neighborhood.
- I'm beginning to learn the meaning of "soon" and I am learning to wait.
- I can ask for food and drink.

What I Have Learned

- I can sit and "read" picture books, turning the pages for myself.
- I can put together a puzzle of three to six pieces.
- I know pretty well where things are located in and around my house.
- I can make a tower of eight blocks.

How I Get Along with Others

- I still don't understand sharing, but I like to be with other children for short periods of time.
- I like to please others.
- I am interested in babies and their mothers.
- I am afraid of disapproval and rejection.
- I like to order other people around.
- I sometimes show my anger by slapping, biting, and hitting.
- I want my way in everything.
- I am sometimes stubborn and defiant, and I use words like, "it's mine," "I don't like it," "go away," "I won't," and "no" a lot.

Tracy Borland

What I Can Do for Myself

- I can take off all my clothes and I can put most of my clothes back on.
- I like to unwrap packages.
- I know what a toilet is for, but I probably don't want to use it yet.
- I can turn doorknobs and open doors. Keep dangerous things out of my sight and out of my reach.
- I want to do lots of things by myself.

Play I Enjoy

- I like to play simple chase games like tag.
- A teddy bear or soft doll is still my favorite toy.
- I like to take things apart and put them together. Watch out that I don't play with small pieces that could choke me.
- I can stack five rings on a peg toy in the correct order.
- I like to be pushed on a swing.
- I mess happily with soft modeling clay.

Tracy Borland

Research in Brief

Toddler Intelligence and Home Experiences

What kinds of daily experiences are most likely to promote learning and intellectual development in young children?

Dr. Joseph H. Stevens, Jr., Professor of Early Childhood Education, Georgia State University, reviewed research designed to answer this question.

The research showed that the way parents and caregivers help their children develop language skills does influence their children's intellectual development. Those children who were most intelligent had parents or other caregivers who talked to them a lot, encouraged their use of language and did things with them that helped them learn and practice language. Dr. Stevens writes, "Intellectually valuable experiences that involve the teacher and/or parents as active participants on the task with the child in labeling, describing, comparing, classifying and questioning support (the child's) intellectual development." (Stevens 1981, pp. 67-68)

Games for Growing

Color Learning

Purpose of the Game

To help your child learn to match colors and begin to learn their names.

How to Play

- Sit in a comfortable position on the floor or sofa facing your child.
- Select five blocks or other objects of different colors.
- Place two blocks of different colors in front of your child.
- Point to a block and say, "This is red."
- Ask your child to give you the red block.
- Ask your child to say the color of the block she handed to you.
- Use only two colors at a time, but change the colors. For example, start with blue and red together, then switch to blue and green.
- Tell your child the name of the new color only. See if your child can remember the name of the other color.

Other Color Games

Have your child tell you the names of colors in stoplights or on television, in magazines, or on signs. Put together different things that are of the same color and ask your child what is the same about them. Help your child use crayons or colored pictures to learn the names of the colors.

Blindfold Guessing

Purpose of the Game

To help your child name objects he cannot see. This way, he learns to put the name of the object together with the way it feels.

How to Play

- Ask your child to sit on your lap facing away from you.
- Place a blindfold on your child; if the blindfold is scary to your child, just ask him to close his eyes or turn his head.
- Bring together objects the child knows well like a spoon, rattle, or small stuffed toy.
- Give your child different things one at a time to feel and ask him to guess what he is holding.

Other Blindfold Guessing Games

Put familiar things in a box or paper bag and ask your child to put his hand in the box or bag and tell you what he feels or ask him to take out of the box or bag the items that you name without looking at them.

Get Ready for Toilet Training

Most girls are ready for toilet training at about age 2, most boys at about 2½. You should not rush toilet training but there are some things you can do when you think your child is ready to be trained to use the toilet. Teach your child the words he needs to ask to go to the toilet. A good time to do this is when you change his diaper. Tell him why you are changing him, "You peed and made your diapers wet" or "You had a BM (or pooped or bowel movement)." Show him and tell him the word for the toilet or potty chair you will want him to use.

Some children will let you know when they need to go to the toilet by saying the words, pulling your hand, or tugging at their diaper. When they are ready for training, it helps to dress them in loose-fitting training pants they can pull off easily.

When your child shows he wants to go to the toilet, sit with him at least the first few times. Don't give him toys to play with and don't insist that he sit on the toilet when he wants to get off—even if he has not "done" anything. Always compliment him for his successes; don't criticize or punish his accidents.

Nutrition

New Foods Are Strange Foods

It isn't easy for a toddler to switch from baby foods to adult foods. Your toddler probably won't be happy when she finds a new food on her plate. In fact she, like most toddlers, probably won't eat a new food the first time it's offered.

When your child rejects a new food, it doesn't mean she doesn't like it. It means she's a little afraid of it and needs some time to get used to it. Here are some things you can do to help:

- Serve yourself the same food and eat it to show that you like it.
- Suggest that she might want to taste it, but don't force, bribe, or punish her if she refuses.
- Serve the new food again within a week or two. The second time, it won't seem so new to her. Again, don't make a fuss if she doesn't eat it. Sometimes it will take four or five tries before a toddler will even taste the new food.

Most toddlers would be happy to eat nothing except three or four favorite foods. To be well nourished, they need variety. Fix many different kinds of food for your toddler, not just a few favorites. Help her enjoy foods like milk, yogurt, cheese, fruits, vegetables, breads, rice, cereals, fish, chicken, meat, eggs, peanut butter, and beans.

Joan Kreeger

Watch Out

Keep Your Child Car-Safe

Your child darts around quickly now. He probably likes to run more than he likes to walk. He doesn't know what things could hurt him and may suddenly do something dangerous. Don't let him play near the street. Always hold his hand when you are in a parking lot or crossing a street or driveway. Use a car safety seat every time your child is in the car. Buckle the safety seat in the car with the car's seat belt. Never leave your little one alone in the car.

I'm So Glad You Asked

Toddlers Learn about Sex

Your toddler is learning fast. You love his curiosity and you encourage his questions because you know it means he is alert, enthusiastic, and competent. Do you encourage his curiosity about sex?

Sexuality is important. Naturally your toddler will have questions about where babies come from and why boys and girls are physically different from each other. Sure, these questions can be embarrassing, especially when they come when you are in public, but whenever you see your little one curious or confused about sex, you have a very precious opportunity. You can show your toddler you admire his curiosity and you want him to learn about all kinds of important things, including sex.

If you can talk to your child now about sex, it will be much easier for both of you to talk about it later, as he grows and as his sexual attitudes and behavior become more important to him and to his relationships with others.

You can expect your toddler to wonder about babies and where they come from. Tell him the truth in words that he can understand, something like "Babies grow in a special place inside the mother's body." Show him you are glad he asked the question. If he asks how babies get inside the mother, you may simply say that babies are made by mothers and fathers together. You could explain that the father's sperm comes into the mother through the father's penis.

Your child's early sexual concerns and questions may be about the differences between men and women. Little girls may wonder why they have no penis; boys may worry that they could lose their penis. You can help your child learn that boys and girls are born with different genitals. Your toddler should know the correct names for his body's sexual parts. Teach him these as you teach him the names of other body parts.

All young children handle their genitals. Normal children like to explore all parts of their bodies. When they handle their genitals and find that this feels good, they may rub them. They may masturbate when they feel bored or upset.

Some masturbation does no harm. It is normal and it is best for you to ignore it. If you try to stop it and tell your children that it is bad, they may feel that they are naughty, or that sex or sexual feelings are bad.

Bedtime Talk

You might enjoy starting bedtime talk as part of your bedtime routine with your toddler. Bedtime is a good time to talk to your toddler without interruption in a cozy, private place. Review the best things that have happened that day and talk about plans for tomorrow. The sound of your soft comforting voice will help your child ease into sleep. You'll probably find yourself doing much of the talking at first, but you're setting the stage for later discussions. As your child grows, she'll want to have private conversations with you about important things. You are practicing for these conversations with your bedtime talks. Some nights you may be in a hurry and skip your talk. Don't be surprised if your child says "You forgot to talk to me about today and tomorrow."

Questions Parents Ask

Help! Why Does My 2 Year Old Bite?

Q. What do I do about my almost 2 year old who bites and hits other children? Should I hit and bite her back?

A. Sometimes, when young children play together, they push, hit, slap, or bite. Biting and forceful hitting must be stopped right away. Most children bite and hit when they are feeling angry. When your little one bites you or another child, say firmly, "No. Biting hurts." Move her to a safe place, look her in the eyes and say, "Stay here until you feel calmer. I cannot let you bite." After a minute or two, ask her if she is ready to play again without biting or hitting. If she says yes, let her return to her play.

Never bite or hit your daughter back. This does not stop this behavior. In fact, it may make her believe that biting is all right. Most children who bite do so for only a short time. Hitting may continue for a longer time than biting.

Help your toddler learn better ways to handle her anger. Teach her to substitute words like "stop that," "go away," "I don't like that" for hitting and biting.

When your little one substitutes words for hurting, praise her with words and hugs and say, "You did a good job of using words instead of hurting." As your daughter learns to express her feelings in words, hitting and biting will decrease.

Coming Next: Guidance and Self-Esteem; Toilet Training

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Suggested Reading

For more information on development and care of toddlers we suggest the source books ★ starred as well as:

Playtime Learning Games for Young Children by Alice Sterling Honig (1982). New York: Syracuse University Press.

Parent Express is available from ANR Publications, University of California, 6701 San Pablo Avenue, Oakland, California 94608-1239, (415) 642-2431.

Parent Express is a series of 27 age-keyed booklets of research-based information for parents of infants and young children. Three booklets contain information on prenatal and birth issues; the next 12—one for every month of the baby's first year—focus on development and care of infants; and the last 12 focus on development and care of children ages 13 to 36 months. The booklets are written by the Human Relations Staff, Cooperative Extension, University of California.

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COOPERATIVE EXTENSION UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A SERIES OF BOOKLETS FOR PARENTS OF INFANTS AND TODDLERS

25 AND 26 MONTHS

Dear Parents:

Twos Are Terrific and . . .

Twos are terrific, tender, trying, taxing, and very, very exciting. Your little one has come a long way in 2 short years and so have you. As a parent of a 2 year old, these are some things you will need this next year:

- *Patience* to help you cope with your child's mood swings, from very cooperative to highly unreasonable.
- *Awareness* to help you see that your child's surroundings are safe.
- *Loving firmness* to help you gently apply rules in a consistent way so your child can learn responsibility and self-sufficiency.
- *Humor* to help you laugh at yourself and with your child.
- *Wonder* to help you see your 2 year old as the creative, special person she really is.
- *Enthusiasm* to enjoy and celebrate your toddler's many accomplishments during this year.

Tracy Borland

Watch Out:

Prevent Cuts and Scrapes

Small children get minor cuts and scrapes very often. These injuries happen when children fall, run into things, or step on sharp objects.

- Do not let your child play where there is sharp edged furniture.
- Do not let your child play where she can climb to high places.
- Close doors to rooms that are not safe and doors that go out to your yard.
- Put shoes on your child when she runs outdoors.

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Health

Regular Health Checkups Are Important

Toddlers grow fast. As they grow, they need regular health checkups. Your child's health examination will give the doctor an opportunity to spot problems early. This way, problems can be taken care of before any serious or long term effects occur. The record from the health checkups provides information about your child's health and immunization. You will need this record when you enroll your child in day care, nursery school, or kindergarten. If your child needs special food or medication while away from home, the health record gives caregivers the correct medical information. Be sure you keep your health record in a safe place where you can find it easily.

The American Academy of Pediatrics Standards for Child Care recommends that a well child examination include the following:

- History (which includes a brief developmental assessment)
- Physical examination
- Dental assessment
- Nutritional assessment
- Vision and hearing tests
- Hemoglobin or hematocrit test
- Urine test
- Tuberculin test
- Immunizations

The American Academy of Pediatrics recommends toddler checkups at about 12 months, 15 months, 24 months, 36 months, and after age 3, every 2 years. Of course if parents or doctors have special concerns about the child, examinations will be more frequent.

If you do not have a doctor for your child, ask your local health department. They can give you the name of a physician or health department clinic where you can get a complete examination.

Remember, ***Parent Express*** describes a typical child at each age. Each child is special and each child develops at his or her own pace. Perfectly normal children may do things earlier or later than those described in ***Parent Express***. If you are concerned about your child's development, see your doctor.

Joan Kreeger

Questions Parents Ask

Why Does My Son Still Suck His Thumb?

Q. My son is 2½ and still sucks his thumb. Is this okay?

A. Yes, thumb sucking is a very common behavior of children under 6 years old. It's one way a young child has to comfort himself. Many doctors believe that if you keep a child from sucking his thumb or fingers, he may develop sleeping problems or begin to wet his bed. Thumb sucking usually disappears on its own, especially if the child is not pressured to give it up.

Sometimes parents pull thumbs and fingers out of their young children's mouths because they are worried about dental problems. Dental problems do not usually occur until the child's permanent teeth erupt at 5 or 6 years of age. Even then, there may be no ill effects from casual thumb sucking.

If you are worried about your child's thumb sucking, keep track of how often he sucks and for how long. Take these notes for several days. This record will help you and your doctor or dentist discuss the situation and decide what to do about it.

Games for Growing

Tracy Borland

What's Your Name?

Purpose of the Game

To give your child practice saying his first and last name and to help him feel good about himself.

How to Play

When you are with your child, say his name to him in songs and stories, using his last name too. Make up games where he tells his name. Show him how much you enjoy it when he names himself in his photographs.

Happy Face Colors

Purpose of the Game

To help your child learn to solve problems and to match colors.

Materials Needed to Make the Game

- Sheet of cardboard about 16 by 11 inches or one regular size manila file folder
- Ten sheets of different colored paper or 10 different colored crayons to color white paper
- Pencil
- Drinking glass
- Scissors
- Child safe glue (check the bottle to be sure it says non-toxic or child safe)
- Marker pen for drawing simple faces

How to Make the Game

- Make your happy face circles by drawing around a water glass. Make two circles of each color of paper or color two circles with each crayon.
- You will have 10 pairs of circles, each pair a different color. Draw happy faces with eyes open on one set of circles. On the matching circles, draw happy faces with eyes closed.
- Cut out all of the circles, stack them in two separate piles: one with eyes all open, one with eyes all closed.
- Glue all of the happy faces with open eyes to the cardboard or to the file folder. Put the happy faces with closed eyes in an envelope.

How to Play

Place the happy face cardboard or opened manila file folder in front of your child on the floor, or at a table.

One by one, give him different colored happy face circles. Encourage him to put each one on the same colored happy face glued to the cardboard. Say the name of the color as your child puts each happy face on the correct color.

When all the faces have been matched, have your child pick up the happy face circles one by one and hand them back to you. Say the color of each circle as your child hands it back to you.

Ronald Daly

Fun Drummer

Purpose of the Game

To help your child learn about different sounds and rhythms and to build coordination.

How to Play

Show your child how to make different drumming sounds by hitting things with a spoon or a fork. He can hit a pan, a chair, the floor, his shoe, a bottle, and so forth. You can take turns leading the game, with each of you hitting one thing after another in sequence. You can also try drumming to singing or music, or you can mix fast and slow drumming sounds.

WHAT'S IT LIKE TO BE 2 AND 2½ YEARS OLD?

How I Grow

- I often have to look at my feet to keep from stepping on things that are in my way.
- I like to do things in the same way each day.
- I like to walk by myself; I don't like being carried or pushed in a stroller.
- I can walk backwards for about 10 feet.
- I can jump with both feet off the ground.
- I can balance on one foot for about a second.
- I'm interested in lots of things but usually just for a few minutes.
- I get into things and make messes.
- I can take lids off jars. Be sure things you don't want me to open have safety caps.
- I may have learned from adults to fear snakes, mice, and spiders.

How I Talk

- I like to learn words that describe things like high, big, wet, hard.
- I can understand sentences, but I can't say long sentences yet.
- I like books; I can point to pictures and name them.
- I usually give information in two- or three-word sentences like "all dirty," "go to store," "that mine."
- I can sing parts of songs or all of very short songs.
- I'm learning what front, back, side, and under mean.
- I am paying more attention now to what people say.
- I can use plurals like dogs, books, cups.
- I can imitate my parents' voices.
- I talk mostly to myself and adults, not much to other children.

What I Have Learned

- I can draw a pretty good circle.
- I understand why some things happen, like turning on a switch makes the light come on.
- I'm getting better at remembering and keeping my attention on things.
- I can sometimes understand "today" and "pretty soon," but I don't understand "yesterday."
- I'm beginning to understand the difference between one and two.
- I can sort silverware in a drawer.

How I Get Along with Others

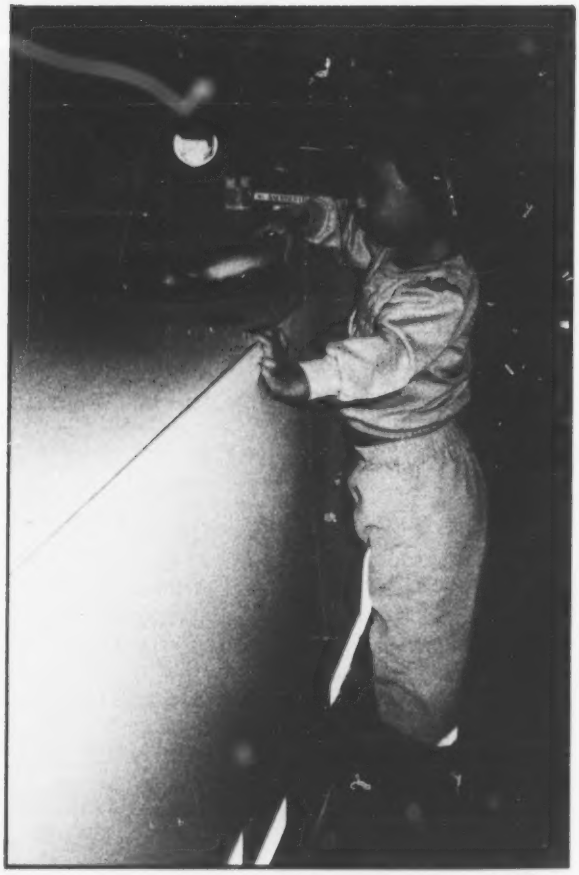
- I'm good at getting your attention.
- Mostly, I'm still just interested in myself.

Tracy Borland

- I don't usually share toys or play well with other children my own age.
- I may hit other children not because I don't like them but because I just don't know what else to do.
- I stare at other people and like being looked at.
- I may call other children "baby," men "daddy," and women "mommy."
- If you ask me to do something simple I can usually do it.
- I am now more willing to be away from you.
- I want to do things my own way by myself.
- I say "no" a lot and often do what you want me not to do just to show you how independent I am.
- It helps me to feel important if you admire what I have learned to do.
- I like our routines, like the story and hug you give me before I go to sleep.

What I Can Do for Myself

- I can use a spoon and fork pretty well. I still spill some.
- Sometimes, I can ask to go to the toilet.



Joan Kreeger

- I like to wash my hands, but not my face.
- I'm ready to learn to brush my teeth but you will need to help me until I am older and better coordinated.
- I'm still better at undressing than dressing.
- I like to help you put things away and clean things up.

Play I Enjoy

- I like to talk to myself when I play.
- I like wheel toys like kiddie cars. Be sure I ride these safely.
- I like to play in the bathtub and often don't want to leave it.
- I like stories you tell me about myself and my things.
- I like to run, gallop, and sway to music.
- I like toys that I can pile up or nest or sort by color or size.
- I like to hear favorite songs over and over again.
- I sometimes act silly just to make you laugh.
- I like to paint with large paint brushes and finger paint; I'm pretty messy.

Toilet Training

During their second year, most children become interested in learning to use the toilet on their own. A potty on the floor that the child can use herself helps her to get started. Learning to use the toilet is important to the child, and of course, to her parents. Give her lots of praise for every success.

Don't scold for accidents. Praise successes. Most children will stop dirtying before they stop wetting. Most will be able to stay dry during the day before they can stay dry at night. Many children cannot stay dry at night until they are about 3 years old.

Sometimes children seem to be toilet trained and then they start wetting or soiling again. This can happen when the children are upset about something like a new baby in the family, pressure from adults to stay dry, or family stress. Again, be patient and caring, and praise successes.

Sure, you're eager to be rid of diapers, but if you don't rush toilet training, there will probably be less stress on everyone. Don't start toilet training until your toddler shows she wants to use the toilet. Then it should go quickly and smoothly. Toilet training should not be upsetting to parents or their chidren. If it is, wait a few weeks and try again.

Be Good to Yourself

When You're All Tied Up in Knots

Stress can make your body feel bad. Over the long term, stress can cause physical damage. Over the short term, you may feel headaches, tight muscles, backaches, or a stiff neck. Here are some exercises you can do any time to relieve the physical effects of stress:

- Sometimes stress makes us breathe poorly and we don't get enough oxygen. Deep breathing can make you feel better and it can give you a sort of "time-out" to help you handle whatever is causing the stress. Close your eyes and sit up straight. Breathe in, slowly and deeply. Count silently to two—hold the air in for another count—then let the air out slowly. Repeat this slow, deep breathing for 5 or 10 minutes if you can. You should be more relaxed when you finish.
- When your muscles are sore but you don't have time to go swimming or walking, try these exercises wherever you are. Try to raise your shoulders up to your ears. Hold for a few seconds, then drop your shoulders back down. Repeat a few times. Try rotating your shoulders around, one at a time, then together. With your shoulders relaxed, move your head slowly from side to side, then around in a circle. Make sure to keep breathing deeply while you exercise.

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Alfred Smith

Homemade Toys That Teach

Feelie Bag

Why?

Children learn by touching things around them. They learn that some things are soft and some are hard, some cool and others warm. Some things are rough and some smooth, some light and some heavy. This toy can help your toddler learn to tell one kind of feel from another.

Materials

- Paper bag
- Assorted small objects to feel
- Crayon

Making the Toy

Write your child's name in large letters with crayon on the paper bag. This lets her know that the bag is hers and gives her the idea of writing.

Choose some things she might enjoy feeling, and put them in a bag. Examples would be a smooth rock, a rough rock, a piece of wood, a piece of paper egg carton, some pieces of cloth, a feather, and so on. Be sure the things you put in the bag are not sharp or dangerous.

Playing

Close the top of the bag, leaving a hole just big enough for the child's hand. Ask your toddler to reach in and to find something soft or hard or smooth or rough. Ask her what she has found and help her learn to say, "I have found something hard" or "I have found something rough."

You can turn this into a guessing game. Have your toddler reach in and touch something. Have her say, "I have found something soft. What is it?" or "I have found something hard. What is it?" Then you guess what it is. You can take turns guessing. This is a good game for two or three children to play together. Your toddler can help you change the game by putting different things in the bag.

Nutrition

Television Tells Toddlers about Cereals

Has this happened to you yet? You are pushing your grocery cart down the aisle of the supermarket. All of a sudden, your toddler sees a certain brand of breakfast cereal. He begins calling out the name of the cereal. He wants you to buy it. You are amazed. You've never bought that kind of cereal, and he's never eaten it. How did he find out about it?

Probably from television. Toddlers don't seem to pay much attention to television, but they are often aware of what is happening on the screen. Commercials are very appealing because of the action and the noise. The food most often advertised during children's television programs is cereal. Some of these cereals are nutritious, others are not. In fact, some of these cereals have more sugar than cereal in them. They are more like candy than cereal.

How can you tell if a cereal is high in sugar? Look for the list of ingredients on the cereal box. They are listed in order of amounts. The first ingredient is what there is most of in the cereal. The last ingredient is what there is least of in the cereal. If the first ingredient in the list is sugar, there is more sugar in the cereal than anything else. You will want to choose another cereal lower in sugar.

What do you tell your child when you decide not to buy the cereal? Say, "This is not a 'good-for-you' cereal. We want to buy a 'good-for-you' cereal to help you grow healthy and strong." Check labels on other cereals and let him choose from the cereals that are low in sugar. If your child is unhappy because you aren't going to buy the cereal he wants, move away from the cereal display. Go on and do the rest of your shopping. You can spend time reading cereal labels when you are shopping alone.

Joan Kreeger

Research in Brief

Successful Parenting

We know that what parents do for and with their young children shapes their children's development. Dr. Alice Sterling Honig reviewed studies of parenting and child development to find out how parents of competent toddlers behaved with their children. She writes that toddlers who were most competent were the ones whose mothers:

- Carefully organized their children's routines.
- Encouraged their children to help a lot with household chores.
- Allowed their children to do some messy things such as washing dishes.
- Read to their children daily.
- Severely limited and supervised their children's television viewing.
- Observed their children closely to keep them safe and to fit activities to their developmental level.
- Had firm, consistent household rules and gave children reasons for these rules.
- Saw themselves as teachers of their children and actively helped their children learn.
- Played with their children frequently including pretend play (Honig 1981, pp. 25-26).

HE or SHE? HIM or HER?

Parent Express gives equal time and space to both sexes. That's why we take turns referring to children as "he" or "she." Please note: when we use he or she, we include all children.

Guidance and Discipline

Guidance and Self-Esteem

We all want our children to grow up feeling they are capable and lovable. One of the trickiest and most important skills parents must learn is guiding their children in ways that control naughty behavior *and* help the children feel good about themselves. This is hard to do when you are angry or upset because your child is causing a problem. You need practice and a lot of patience at these times not to be critical or accusing. Unfortunately, a young child who lives with criticism can come to feel hopeless, and may stop trying to cooperate. When your child misbehaves, she needs "help-outs" instead of "put-downs." "Help-outs" make her feel you love her and you know she can learn to do better. "Put-downs" do just the opposite.

The following are "help-out" comments:

- Here's a sponge. I'll help you clean it up.
- That's hard to do. Let me do it with you.
- I'm proud of you for trying that. Hold it with both hands next time and it may not fall.
- That is a dangerous thing to do. You could fall. Let me hold your hand.

The following are destructive "put downs":

- I knew that would happen if I let you do it alone.
- Can't you do anything right?
- You're being a brat.
- Why do you always drop things?
- You never pick up your clothes.
- Won't you ever learn?
- Can't you see that's dangerous?

Listen to yourself. Try to substitute "help outs" for "put downs."

Toddler Talk

I Like Learning New Words

You can help me learn words.

- When we go for walks, take along a bag to collect treasures like leaves, rocks, flowers, pieces of wood. We can look at these treasures and name them when we get back home.
- Repeat the names of things over and over again, using simple words and short sentences. Talk to me about what I am doing and what you are doing. Don't use baby talk.
- Let me get things for you. Name what you want and I will even go to other rooms to find it.

Coming Next: Food Rewards Can Backfire; Discipline with "Time Out"

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Suggested Reading

For more information on development and care of toddlers we suggest the source books ★ starred, as well as:

Child Learning Through Child Play: Learning Activities for Two and Three Year Olds by Ira J. Gordon et al (1972), St. Martin: Griffin (paperback).

Parent Express is available from ANR Publications, University of California, 6701 San Pablo Avenue, Oakland, California 94608-1239, (415) 642-2431.

Parent Express is a series of 27 age-keyed booklets of research-based information for parents of infants and young children. Three booklets contain information on prenatal and birth issues; the next 12—one for every month of the baby's first year—focus on development and care of infants; and the last 12 focus on development and care of children ages 13 to 36 months. The booklets are written by the Human Relations Staff, Cooperative Extension, University of California.

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PARENT EXPRESS

A SERIES OF BOOKLETS FOR PARENTS OF INFANTS AND TODDLERS

27 AND 28 MONTHS

Dear Parents:

Toddler Years Are Busy Years

No one needs to tell *you* that the toddler years are busy years. They are busy for your toddler who is into everything, and busy for you, because you have to chase, protect, and train her.

With all this activity and stress it may be hard to remember that these first 3 years are probably the most important time in your child's life. You have the opportunity now to help your child become a responsible, loving, accomplished person.

Try to enjoy these busy, important years. Be good to yourselves. Take time out when you can and share child care with others when you need a break. Enjoy your child's development and celebrate her accomplishments with her. Reward yourselves too for your successes, and don't be hard on yourselves for mistakes. All parents make them.

When these busy toddler years pass, believe it or not, you will probably look back on this special time with pleasure and nostalgia. For now, do all you can to make the most of these important years.

Tracy Borland

Watch Out

Keep Your Child from Choking

Children choke on small things they put in their mouths. Your child will explore his world by putting everything he can grab into his mouth. Here are some ways you can help your child avoid choking:

- Never leave small things in your child's reach even for a moment.
- Do not feed your child hard pieces of food.
- Look for small objects on the floor before you put your child down.
- Do not let your child run with food in his mouth.

HE or SHE? HIM or HER?

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Questions Parents Ask

Will My Daughter Be Left-Handed?

Q. Will my daughter be left-handed? My daughter feeds herself and reaches for toys with her left hand. I don't want her to be left-handed, but I've heard that if I try to keep her from using her left hand, it may cause problems. Should I try to make her use her right hand?

A. Most children change handedness several times before settling down to their preference. The key word is *preference*. Most children settle into a left or right hand preference but some children continue to have equal skill in both left and right hands throughout their lives.

Don't try to make her use her right hand. Preference in using hands, feet, and eyes is already present in the child's brain at birth. If you pressure your daughter to change her preference, she may become confused. Forcing her to change might also affect her self-confidence and her learning. If your daughter is really left-handed, she won't be alone. Fifteen percent of the United States population is left-handed.

Turn Win-Lose into Win-Win

Your toddler's growing independence may be a big source of stress in your life right now. Sometimes, you may feel like you're in a war with your child, trying to win every battle. Some battles end so that you both lose. When you're the one who wins, your child might fight back even harder. When he wins, you might feel angry, defeated, or guilty.

One way to reduce this kind of stress is to handle these battles in a way that lets both of you win at least a little. Maybe you can't talk about compromise with a stubborn 2 year old, but you can figure out how to end up with no one feeling like a loser. If you refuse to get caught up in a battle, then your child can't lose and neither can you.

For example: Susie demands that you read her a story and you want her to take a nap. Maybe Susie can pick out the story before nap time, and you can read it when the nap is finished. Maybe you can read half the story before and half after the nap. Or suppose Peter wants to help you frost that special cake and you want to do it alone. Maybe you can give Peter a cupcake or a cookie to frost all by himself while you frost the big cake.

With a little imagination and patience, you can find a way to let you and your child both win. You'll both feel better for it.

Joan Kreeger

Nutrition

Food Rewards Can Backfire

"If you behave at the shoe store, I'll buy you a candy bar." "Be a good girl at grandma's house, and you'll get an ice cream cone." It is tempting to use food to try to control your child's behavior, but it can backfire. Soon your child believes that desirable foods are the ones used as rewards or bribes. These foods are almost always high in sugar or fat, or both, like candies, cakes, cookies, chips, and ice cream. As your child gets older, she will have more control over what she eats. If she chooses a lot of these high sugar, high fat foods, then her diet will be poor. This can lead to ill health.

Parents often mean well when they say, "You can't have dessert until you finish all of your vegetables." They think they are doing something good by getting their child to eat the vegetables. But the message the child hears is very different. She hears: "You have to eat the 'bad' vegetables in order to get the 'good' dessert." You don't want your child to think of any healthy foods as 'bad'. Let her eat what she wants, and still have dessert. You can make the dessert something low in fat and sugar like a fruit juice popsicle.

So what is a parent to do? Do not use any food, even nutritious foods, as a bribe or reward. Encourage your child to eat a wide variety of foods, so she will get all the nutrients needed for growth and health. Reward your child with hugs, kisses, and praise. Saying, "You didn't fuss in the shoe store. That made mommy very happy," is a better reward than candy. This reward helps your child feel good about herself.

School at Home

How would you like to start a school in your home? If you're thinking about books, a chalkboard, and rows of desks, that's not the idea. This school is not only *in* your home; it *is* your home, your family, and your day-to-day activities.

You might say, "But I don't know how to teach." You don't need a teaching degree or years of experience. You just need to remember your ABCs:

A child's first and most important teachers are his parents.

Be alert to the new situations your child faces each day.

Conduct short, simple lessons many times during the day.

Now, here is how to conduct your school. Keep learning fun! Teach by playing games and talking to your child in a friendly way.

- Teach colors: as you set the table, talk about the red dishes, the blue tablecloth. As you sort the clothes, talk about the blue jeans, the white shirt. Talk about shapes of toys or furnishings in your home—the round mirror, the square table.
- Teach about similarities and differences by helping your child sort spoons and forks in the drawer.
- Teach about language and books by showing pictures and reading short stories to your child again, again, and again. Talk with him about the story.

Remember, your child's first school is in your home. The lessons you teach will prepare him to learn even more when he starts preschool and kindergarten. Chidren who have been taught at home enjoy learning and usually learn faster when they start school.

Remember, ***Parent Express*** describes a typical child at each age. Each child is special and each child develops at his or her own pace. Perfectly normal children may do things earlier or later than those described in ***Parent Express***. If you are concerned about your child's development, see your doctor.

Tracy Borland

Research in Brief

Make-Believe Play

Imagination is a wonderful thing and we can help our children develop it. Children love to pretend they are someone who is important and powerful, like Superman, a doctor, a teacher, a parent. This is a good, healthy part of growing up. It helps children practice for the future. It gives them pleasure and comfort. Imaginary friends can give a special kind of companionship. Dr. Burton White found in his studies that well developed young children often pretended they were someone else—usually an adult. He also found that most of these children had received a good deal of encouragement from their parents to engage in fantasy play.

Join your child in fantasy play. You will make this important play even more special for your toddler and will be encouraging her creativity. (White 1985, p. 203)

Games for Growing

Sorting Game

Purpose of the Game

To help your child learn about how things can be alike or different.

How to Play

Find three or four each of about four different things, like four playing cards, four ribbons, four pebbles, four leaves. Mix these up and put them in a pile or a bowl. Ask your child to sort them into piles of things that are just alike. If your child wants, you can take a turn at sorting too. To make the game harder, you can make all the things almost alike such as four small paper squares, four medium-sized paper squares, and four large paper squares.

Remember, play this and any game only as long as it's fun for your child and for you.

Tracy Borland

Pretend You Are

Purpose of the Game

To help your child use his body and his imagination.

How to Play

Ask your child to imitate familiar things like a flower, a tree, a train, a dog, a boat, daddy driving a car. Take turns being the flower, the tree, and so on.

Ronald Daly

First Numbers

Purpose of the Game

To help your child learn the difference between one and two.

How to Play

Play a special game with your child, showing her groups of things that have one, two, or many in them. You can use small toys, books, paper cups, flowers, bottle tops, or other small safe things for this game. Encourage her to pick out the group that is one. Put two objects together and ask her how many. Put one object out and ask her how many. Let her have a turn asking you how many. Remember, play the game only as long as it is fun for both of you.

Tracy Borland

Homemade Toys That Teach

Tracy Borland

A Prop for Pretend Play

Isn't it nice to see your child's imagination develop? When your toddler pretends he can be as powerful, as big, and as important as he wants to be, this is a good feeling. He can practice being like members of his family or kings, teachers, or police officers.

Imagination and pretend play are important. They help your child cope with his world and prepare for his future. They help him develop his creativity, and they are just plain fun. You can encourage his imagination and be a part of his pretend play by making a carton play place with him.

For the carton play place you will need:

- Large cardboard carton that you might get from grocery or appliance stores. Your carton should be large enough for your toddler to crawl inside.
- Crayons, colored paper or streamers, balloons, and so forth for decorating the play place.

The play place can be whatever your toddler wants it to be—a house, a spaceship, a boat, a cave, a fort, or all of these. Place the box so the open end is on the floor. Cut windows, portholes, or whatever your toddler wants on the sides and back of the box. Let your toddler decorate the play place however he wants. He may want you to write his name on the box or put a message or sign on it.

Guidance and Discipline

Discipline With "Time Out"

When you use it the right way, "time out" can be a good way to handle those times when your toddler seems determined to disobey and nothing you do will stop her. Time out means putting your toddler in a safe place away from you for a few minutes. This gives you a chance to calm down if you need it and lets your toddler know you are not going to let her continue her disobedient or naughty behavior. Time out should be used so that it does not make your toddler feel you don't love her or that you want to hurt her.

Here are some important things to do to keep time out as a guidance and discipline method, not punishment:

- Tell your child about time out. Tell your child ahead of time, before a rule is broken, what time out is and how you will use it.
- Choose the time out place carefully. Use a safe, non-scary place like a room, a chair, a playpen, or part of a room. Never use a closet or place that is dangerous or frightening to your child.
- Let your toddler know why you are using time out and how long it will last. Explain to your toddler before time out why she is being disciplined. Tell her how long time out will be and tell her you will come to get her when the time is up. Keep your promise.
- Keep time out short. For a toddler, time out should last no more than 3 minutes, or 1 minute for each year of your child's life. Set a timer and be *sure* you follow your time limits. When the time is up, go in to her, give her a hug, and invite her to be with you.
- Try to stay calm. When you use time out or any kind of discipline, try to keep calm. Explain clearly to your child why you are limiting her. Follow through in a way that is firm, but also shows that you love and care for her.

Health

Anemia

If your child seems pale and unusually tired, ask your doctor about anemia. Anemia is the most common warning of nutritional deficiency in children. Anemia can be a signal of disease or of a diet lacking in iron. Some forms of anemia are very serious. They signal a problem with red cell production or serious loss of blood. When you take your child to the doctor, ask about a test for hemoglobin or hematacrit, to check your child for anemia.

Preparing Your Toddler for Special Occasions

Parents are often eager to have their children join in the fun of celebrations. For the young child, these festive occasions may be happy or they may be scary and upsetting.

Your young child may not want to talk to a strange Santa Claus or shake hands with a 5-foot Easter bunny. She may not laugh when she is swooped down upon by a neighborhood child in a witch costume. She might not enjoy meeting new relatives at a family gathering. You can't protect your child from every frightening situation, but here are a few things you can do to prepare her.

- Talk to your child about where you are planning to go. Tell her what she will see and do there.
- Practice ahead of time, if possible. Show your toddler pictures of Santa before visiting him. Let her play with masks in preparation for Halloween. Before the family party, show her photographs and tell her about the relatives she may see.
- Before rushing into a gathering, observe the situation with your child from a safe distance. Let her watch other children meeting Santa or the Easter bunny, and give her reassurance by hugs and words. Don't force your little one to get close to unfamiliar or scary people or characters. Let her take her time getting acquainted and don't pressure her to participate.

Richard Kreeger

Be Good to Yourself

When There's Never Enough Time

Stress can be caused by a feeling that you have too much to do and not enough time. You can't even get all the necessary chores done, much less play with your child or take time for yourself. Managing your time better can help prevent this kind of stress.

Here are some ideas:

- Make a list of everything you want to get done for one day or one week. Decide which things are most important, and which ones can wait, or don't have to be done at all. Be reasonable about the number of things you can do in the time you have.
- Write out a schedule for your day so you can aim for a time to finish each task. Think about how you'll do the task in the time you've planned.
- Group chores together if they need similar tools. Group all the chores that require going out, or the ones that require someone else to care for your child.
- Figure out how much you really can do in the time you have. Make sure you build in time for the most important people in your life—your child and yourself.

Choosing Books for Toddlers

When you select books for toddlers, consider these suggestions:

- The subject should be familiar to your child. It should involve things the child knows about in his world.
- The plot should be simple or nonexistent. Some books have only pictures and labels on them. These can be fun for toddlers. Your child will enjoy turning the pages with you, seeing the pictures, and talking to you about them.
- The words in the book should be simple and clear, and there should be just a few words on each page. Toddlers enjoy books in which the words are fun to say and are repeated.
- The pictures should be large, clear, and brightly colored. Toddlers often like drawings better than photographs because they are easier to understand.
- See if you can find sturdy cardboard books. These can be purchased inexpensively or borrowed from your library. Your child can turn the pages of these books more easily and the pages will not tear.